**LUNCH RUSH**
JUICE TRUCK DISHING OUT DRINKABLE MEALS
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# WARRIOR
EDGERTON AND HARDY FACE OFF AS BATTLING BROTHERS
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News worth sharing.

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**CF.** Fundraiser

▶ Val Skelly, organizer of the Longest Game for CF, credits the messages posted by people with cystic fibrosis and their families around the ice rink for pushing participants forward to play hockey for 10 days straight.

PHYLICIA TORREVILLAS/METRO

# Women go into overtime

**Forty women from B.C. broke the Guinness World Record yesterday for the longest continuous hockey game by playing for more than 243 hours in Burnaby. The group also raised more than $125,000 for cystic fibrosis, a fatal genetic disease that causes the lungs to fill with fluid.** **Story, page 4.**

# Dispute puts chill on new school year

**▶ Teachers claim their pay has fallen to 8th place from 3rd in Canada ▶ They want more say in size, composition of classrooms**

Premier Christy Clark and Education Minister George Abbott chose a Vancouver school playground to highlight the new school year, which will see the return of more than 540,000 students today.

Clark and Abbott promised to spend $8 million to build and upgrade school playgrounds to ensure students have more safe, happy play spaces.

B.C. Teachers' Federation president Susan Lambert said playgrounds are welcome additions, but with teachers in a legal strike position, the government's decision to focus on playgrounds appears "myopic."

"Almost to the point of Nero fiddling while Rome's burning," said Lambert.

Students won't be greeted by picket lines, but teachers will not be supervising playgrounds or doing many of the other jobs they normally do above teaching as a form of strike action.

Teachers are an essential service under B.C. labour law, and while they have limited rights to conduct job action, they can't legally shut down the entire school system.

Hugh Finlayson, with the B.C. Public School Employers Association, which bargains on behalf of B.C.'s 60 public school boards, said teacher benefit demands for leaves, holidays and pensions add up to $2.1 billion, with wages still not on the table.

He said two-thirds of B.C. public service workers have already negotiated contracts that fall within the government's net-zero wage structure — no wage increases during the length of the contract — but the BCTF is trying to buck the trend.

Lambert disputes the employers' $2.1-billion estimate.

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# Riot report heading to council

JENNIFER GAUTHIER/METRO FILE

▶ The June 15 riot.

MATT KIELTYKA
@METRONEWS.CA

Debate over the June 15 Stanley Cup riot is set to switch forums today, from the public realm to Vancouver's council chambers.

A special council meeting has been called for 2 p.m. today at city hall so that councillors can be briefed on the city's own internal riot review that was released Thursday hours after John Furlong and Douglas Keefe released the findings of their independent report.

The session could be far from civil, as mayoral challenger and lone NPA Coun. Suzanne Anton thoroughly combed the report yesterday for more ammunition in her ongoing campaign against Gregor Robertson's involvement in the events.

"The piece that has struck me constantly throughout is the lack of accountability," Anton said of the report.

The one thing Anton thinks is missing in both the city and independent reports is the voice of the public.

"I want to hear from the employees trapped in stores while this was going on," she said.

**Cooling.** Off

▶ Five-year-old Louis Girouard cools off in a fountain at Queen Elizabeth Park yesterday. Sunshine and above-average temperatures are forecast for Vancouver all week.

DARRYL DYCK/THE CANADIAN PRESS

## Expect a week of warm, sunny weather

# Brace for transit crunch

- Vacationers returning to school and work to put stress on system
- TransLink preaches patience during busiest time of year

MATT KIELTYKA
@METRONEWS.CA

If you're reading this on transit, chances are you've already become intimately acquainted with the people around you.

Get used to it.

As students return to school and summertime vacationers dust off their briefcases and head back to work, TransLink is bracing for its busiest stretch of the year.

"It's what I call a harmonic, or unharmonic, convergence — students going back to school, university students commuting in and people returning to work. It all happens in the first couple of weeks after Labour Day," said TransLink spokesperson Drew Snider.

The transportation authority typically sees ridership hit its peak in September.

The system saw a five per cent increase in users from August to September last year, and ridership has already moved beyond those numbers this year.

TransLink hasn't been able to fund expanded service for the past two years despite the increased ridership, though routes are being optimized to help alleviate the crush.

TransLink's website has a TravelSmarts section with tips for getting through the commute.

Some of the advice includes adjusting commute times if possible, taking alternate bus routes off busy corridors and exploring other travel options (such as biking in to work, working from home or joining a rideshare program).

Above all, patience is being preached.

"We're all in the same boat," Snider said.

1 news

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**Toronto's Labour Day parade affords hundreds a chance to say thank you to the late Jack Layton. Video at metronews.ca**

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# Armed robbery at sub shop

MATT KIELTYKA
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Police believe desperation played a role in a brazen robbery in Abbotsford Sunday night.

Just before 10 p.m., a man walked into a Subway restaurant in the 2600 block of McMillan Road and demanded cash.

But unlike most robberies, the danger of this one was elevated significantly when the suspect pulled out a gun.

"To pull out a gun or an imitation is incredibly brazen," said Abbotsford police spokesperson Const. Ian MacDonald. "You're talking about personal and public safety. It can be extremely traumatic, but the employee is doing remarkably well."

The storefront of the restaurant was empty, save for the lone employee.

A second employee was working in the back room but didn't know about the robbery — which police say started and ended in a matter of moments — until after the fact.

Police are alarmed by the incident and say they are warning the public since robbery suspects tend to go on sprees.

"A lot of the time these are acts of desperation," MacDonald said. "A person knows there's money at a business and they need money right now. We're aware these can happen in streaks, so we're making the public aware about this case."

The suspect was seen fleeing on foot and is described as a white male, approximately 40 years old, five-foot-five, with a scruffy beard.

He was wearing a dark hoodie and dark pants.

# Two dead in glider collision

Two men, a 50-year-old from Calgary and a 59-year-old from Kelowna, are dead after the hang gliders they were piloting collided Saturday near Invermere.

Police say the planes got caught in the same thermal lift, contacted wings and crashed into the side of a mountain.

METRO

# Two cars seized in street race

A BMW and Porsche are sitting pretty in a car lot now after both cars were seized in a street-racing incident Friday.

The cars, driven by 17-year-olds, were caught racing at 143 km/h on Cypress Bowl Road, police said.

The drivers fled when police tried to stop the vehicles.

METRO

# Marathon hockey game scores goal of $125K for CF

PHYLICIA TORREVILLAS/METRO

▶ Organizer Val Skelly leaves the ice rink yesterday at the Burnaby 8 Rinks after playing hockey for 10 straight days.

## 40 B.C. women break world record for longest hockey game

PHYLICIA TORREVILLAS
@METRONEWS.CA

After 10 days of blisters, swollen feet and sleep deprivation, a group of B.C. women has broken the Guinness World Record for the longest hockey game while raising money for cystic fibrosis.

The marathon game at Burnaby 8 Rinks lasted 243 hours and five minutes, beating the previous world record by 65 minutes as a tribute to Eva Markvoort of New Westminster. Markvoort shared her story through her blog called 65redroses and was chosen to be the face for the fundraising campaign, but died from CF at 25 in 2009.

"It's almost two years that I've been working on this event, and I can't believe it's all over," said organizer Val Skelly. "The women were hurting so bad (on Sunday) to the point that we almost stopped playing, but we rallied together and we got it going again."

More than 2,300 goals were scored and the organizers have so far raised $125,000 for Cystic Fibrosis Canada. It will take up to three months for the record to be verified, Skelly said.

She thanked the women, who played with muscle aches, bad hips, and even a concussion.

"The most memorable moment for me would be the CF families that came to the bench and spoke to the girls," she said. "They told the story of what it's like for their child to live with CF, and calling us heroes. I could see the girls who were so tired go back on the ice as different people."

KRISTEN THOMPSON/METRO FILE

▶ Former premier Gordon Campbell.

# Backlash at Campbell honour

Hundreds of British Columbians don't want to see former premier Gordon Campbell receive one of the province's highest honours and now they're taking their protests online.

Since Friday's announcement that Campbell will be one of 14 people to receive the Order of British Columbia next month, hundreds have signed an online petition or commented on Facebook and Twitter pages.

"If he receives it, it's going to upset a lot of people," said Cheryl Baron, a resident of Maple Ridge and NDP member, who started an online petition. She said nominations closed March 10 but Campbell did not resign his seat in the legislature until a few days later.

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## News in brief

MEIGHAN MAKARCHUK/VANCOUVER AQUARIUM

▶ A baby octopus at Vancouver Aquarium.

### Nearly 300 octopuses born

**VANCOUVER.** The Vancouver Aquarium welcomed almost 300 baby octopuses early last week. Survival of the young is thought to be low because of the creature's lengthy larval stage.

C.C., the aquarium's giant Pacific octopus, laid the eggs almost seven months ago.

METRO

### Doc shortage closes ER

**OKANAGAN.** The emergency room in the south Okanagan town of Princeton will remain closed until this morning at 8 a.m.

Officials were forced to shut down Princeton General Hospital's ER for 24 hours because the on-call physician couldn't work a scheduled shift.

Interior Health says the health authority is trying to recruit another doctor for the hospital, but it's competing with other communities.

METRO

### Two killed on roads, in water

**TOFINO.** Two people are dead following swimming and vehicle accidents on the west coast of Vancouver Island.

A 24-year-old man died Saturday in a diving accident, while a 35-year-old man was killed early Sunday when he was hit by a vehicle.

THE CANADIAN PRESS

# Last-minute thrills

**Labour Day weekend draws thousands to the PNE ◐ Attendance was down this year, but 2011 event still attracted more than 700,000 visitors**

PHYLICIA TORREVILLAS
@METRONEWS.CA

PHYLICIA TORREVILLAS/METRO

▶ Chilliwack's DrumBeats perform for the crowd during the final day of the PNE yesterday.

Alvin Martin brought his two daughters, Amelia and Anna, to the PNE for the first time this year to get some last-chance fun.

"It's a Vancouver tradition," he said. "Everybody comes here every year."

Meanwhile, 17-year-old Danielle Palmer, who was waiting in line to ride the Star Flyer, said she's glad she was able to get off from work and get some last-minute fun before school starts.

According to PNE records, its centennial celebration last year attracted more than 930,000 visitors. But PNE spokeswoman Laura Ballance said the hot weather and compressed summer may have affected their attendance numbers. They're expecting around 700,000 to 800,000 this year, she added.

"The hot weather isn't ideal because it keeps away a lot of our core demographic, which is young families … and seniors," she said, adding the Labour Day weekend helped boost numbers as it brings in around 30 per cent of the PNE's overall attendance.

"Overall, (the weather) was good and certainly better than 17 days of rain, and we're looking forward to next year's event."

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# Philippine-born banker shares personal credit lessons with newcomers

Since it's easier to help others when you've walked in their shoes, Philippine-born Lorina Serafico has a knack for educating newcomers about banking and settling in Canada.

While today she works in Vancouver as a Financial Solutions Specialist at the Scotiabank branch at 49th Avenue and Fraser Street, her early days in Canada were not always easy. Arriving in British Columbia in 1990, she coped with having little money while working as a nanny. After a disabling back injury, she completed bank courses and earned a position at Scotiabank with the help of the Career Edge internship program.

Since overcoming her own settlement hurdles, Lorina now shares first-hand financial advice with immigrants, as a volunteer at the Vancouver Committee for Domestic Workers' and Caregivers' Rights, and with her newcomer clients at Scotiabank.

"I got my first credit card in the mail, but there was no education on how to use it," recalls Lorina. "I now tell newcomers that credit is important for their future here. However, you need to ensure you can afford to pay it back, and pay on time, or it will cost you later," notes Lorina. Lorina offers the ***Scotiabank StartRight***® Program[1] for Newcomers, which includes a free day-to-day bank account for one year[2], a wide range of VISA* card options[3] and a number of other customized services and benefits.

"I explain that small steps can get them to their goal eventually," observes Lorina, who herself began saving $25 a month, and banked her tax refund each year, until she accumulated the downpayment for a condominium. "There are also programs like the federal government Home Buyers' Plan that let you borrow from your registered retirement savings plan to buy a home."

While the thought of a 30-year mortgage may be intimidating, Lorina explains the benefits of paying a mortgage rather than renting: "Your home can be the foundation of your financial future, and there are ways to pay it off more quickly. For example, as your personal finances improve, you can make an annual lump sum prepayment allowed by your bank, increase your monthly payments, or switch from monthly to bi-weekly payments, to greatly reduce the cost and duration of your mortgage. It's up to you," concludes Lorina, who tells newcomers to set goals and be disciplined with money. "Credit can be good if you learn to use it to your advantage to get a home or an education, and to add value to your new life in Canada."

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Lorina Serafico gladly shares first-hand advice with newcomers at her branch and around the community.

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# Win a baby, for real, on radio

JOE LOFARO
@METRONEWS.CA
METRO CANADA IN OTTAWA

A new contest at radio Hot 89.9 called "Win a Baby" is drawing both applause and condemnation.

The radio contest, announced yesterday, offers people a chance to win up to three fertility treatments at a local clinic, valued at $35,000.

Entrants are required to write a letter to the station explaining why they need the treatment.

To qualify for the top five, though, the women need to submit a reference form from a family doctor and will have to undergo a mandatory consultation with fertility specialists.

Most Facebook and Twitter comments praised the contest, but some felt it went too far.

"I think we're crossing some morality lines with this contest.... Imagine telling your child, you were a prize from a radio station

CONTRIBUTED

▶ A bus-shelter ad touts the controversial contest.

because we had problems conceiving," wrote Casey Schofield on the station's Facebook page.

"When one in six couples have trouble conceiving — that's a huge percentage," said Hot 89.9 co-host Jeff Mauler.

"If we help out those families or individuals who are looking to do this, then I think those people who are against it should see the bigger picture and realize that we're actually trying to help somebody who couldn't do this otherwise."

# Labour parade keeps Layton's spirit alive

DARREN CALABRESE/THE CANADIAN PRESS

▶ A supporter photographs, from right to left, Mike Layton, Ontario NDP Leader Andrea Horwath, interim federal NDP Leader Nycole Turmel, and Sarah Layton marching in Toronto's Labour Day parade in memory of Jack Layton yesterday.

## Ontario NDP leader predicts a turn of tide in provincial election

The memory of Jack Layton loomed large at Toronto's Labour Day parade yesterday, with his name or picture on banners, placards, orange T-shirts and scarves.

Thousands of people moved from downtown to the CNE in the parade dedicated to the late NDP leader, who died from cancer last month.

Toronto city councillor Mike Layton, his sister Sarah, interim federal NDP leader Nycole Turmel and Ontario NDP Leader Andrea Horwath led off the procession. They held an orange banner featuring a photograph of a smiling Jack Layton that read "Labour Day March for Jack."

"I know he (Jack) always enjoyed a good parade and a good showing of solidarity with the workers of our city," Layton said.

### Leaders of pack

- **New Democrat MP Olivia** Chow says she won't succeed her late husband, Jack Layton, as the next NDP party leader.
- **Chow's name has been** mentioned by some as a potential candidate.
- **Among several contenders** are Quebec MP Thomas Mulcair and party president Brian Topp.

Horwath said this was a chance to say thank you to Layton for his contribution to society.

"I think that today is a way of saying, 'You know, let's stay united and let's make sure that we actually fight for and work towards the kind of vision that Jack set out.'"

THE CANADIAN PRESS

KEN GIGLIOTTI/THE CANADIAN PRESS

▶ Faron Hall

# 'Homeless hero' jailed for panhandling assault

JAMES TURNER
IN WINNIPEG

A man known affectionately across Canada as Winnipeg's "homeless hero" has been ordered to serve six months in jail following a panhandling run-in with a city doctor that turned violent.

Faron Hall, 48, was arrested downtown May 30 and has been locked up ever since. He pleaded guilty recently to a charge of simple assault.

The victim and her two young kids were getting into their car after a morning of shopping when Hall approached and put his hands out as if to ask for money, court heard. The doctor apologized, telling Hall she had no cash to offer, and began reaching into her vehicle to give Hall some apples instead.

Hall grew angry and "slammed the door on her, pinning her between the car and the door," according to Crown attorney Susan Helenchilde.

Hall's heroics for diving into a freezing and dark Red River to save a young man in May 2009 won him official honours from the City of Winnipeg, along with national attention.

Months later, he also braved the river water again to rescue a friend.

"It's very sad that its come to this and that he's engaged in this sort of behaviour, having established himself in such an admirable way," said Helenchilde.

Hall used to be a young man with ambitions of completing university, but decades of battling alcoholism coupled with suffering through "horrific personal tragedies," thwarted his goal, said defence lawyer Barry Sinder.

# Another shot on Samson Cree Nation

RCMP are investigating the fatal shooting of a 23-year-old woman on the Samson Cree Nation, early yesterday morning, next door to where a boy was shot to death in July.

Const. Perry Cardinal said the shots were fired from outside the Hobbema home, where "some kind of gathering" was happening.

Officers responded around 3 a.m. and found a woman in the yard suffering gunshot wounds.

She was pronounced dead in hospital in Wetaskiwin.

Though police have no suspects, Cardinal said they are interviewing "a bunch of people of interest."

He said they are hoping someone will cooperate with more details about what left the woman, who is not being identified pending notification of kin, dead.

Police are not saying if they think the shooting is linked to the July 11 killing of five-year-old Ethan Yellowbird, who died by a single gunshot as he slept.

### Mystery gunfire

- **No charges have been laid** in the death of Ethan Yellowbird, who was fatally shot on July 11 next door to where yesterday's shooting took place.
- **Police are probing** possible gang activity in that shooting.

SHELLEY WILLIAMSON
IN EDMONTON

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- Lynn Valley Centre
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- Pacific Centre
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OKANAGAN

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FRANCOIS MORI/THE ASSOCIATED PRESS

▶ A Libyan rebel looks at boxes of shell heads in a Libyan state industrial complex found by rebels in Crimea district, south of Tripoli, on Sunday.

# Gadhafi reps sought arms: China

**Libyan rebels say invoice was found listing $200M in Chinese weapons**
**Transitional government calls for improved relations with China**

China confirmed yesterday that representatives of Libyan dictator Moammar Gadhafi visited in July in a bid to buy arms, news that could further damage Beijing's relations with the new opposition government in Tripoli.

Although China insists no weapons were delivered, a spokesman for the Libyan opposition said there is evidence that Chinese companies shipped weapons through Algeria to Gadhafi's forces after the outbreak of the uprising, in violation of a UN arms embargo.

Rebel military spokesman Abdel Raham Busim said documentation was still being collected and the new government was considering bringing legal action against Beijing, possibly at the United Nations.

Chinese Foreign Ministry spokeswoman Jiang Yu said Gadhafi's officials met with representatives from Chinese companies but insisted that no contracts were signed and no weapons were shipped. She said China strictly adheres to a United Nations ban on supplying arms to the toppled regime and backed the role of the UN in a post-conflict Libya.

"Chinese companies have not provided military products to Libya in any direct or indirect form," Jiang told reporters at a regular briefing.

Although there was no indication that the government played a role in the contacts, the fact that the meetings were held could deliver a further blow to Beijing's ties with Libya's rebels while reinforcing the belief that China may have been trying to play both sides of the conflict.

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# Rebels converge on dictator's stronghold

Rebel reinforcements converged outside one of Moammar Gadhafi's last strongholds in Libya yesterday, even as the forces arrayed against the toppled dictator gave the town a chance to surrender and avoid a fight.

Thousands of rebels have now reached Bani Walid, a desert town about 140 kilometres southeast of Tripoli. Gadhafi himself has been on the run since losing the capital last month.

Rebel forces, who control most of Libya and are setting up a new government, can't declare total victory until Gadhafi is caught and areas like Bani Walid are subdued.

**42 Libyan dictator Moammar Gadhafi maintained power for nearly 42 years before the recent uprising.**

The rebels have extended to Saturday a deadline for the surrender of Gadhafi's hometown of Sirte and other loyalist areas, but some have warned they could attack Bani Walid sooner because many prominent former regime officials were believed to be inside.

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# Stormy start to Mubarak proceeding

A senior police officer said there were no orders to shoot protesters in Cairo's Tahrir Square in startling testimony yesterday at the trial of ousted President Hosni Mubarak.

Gen. Hussein Moussa said police were ordered to use only tear gas and rubber bullets and resorted to live ammunition only to protect police stations.

Outside the trial, relatives of protesters killed in the uprising clashed with police.

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DIMITRI MESSINIS/THE ASSOCIATED PRESS

▶ A mother holds a photo of a relative.

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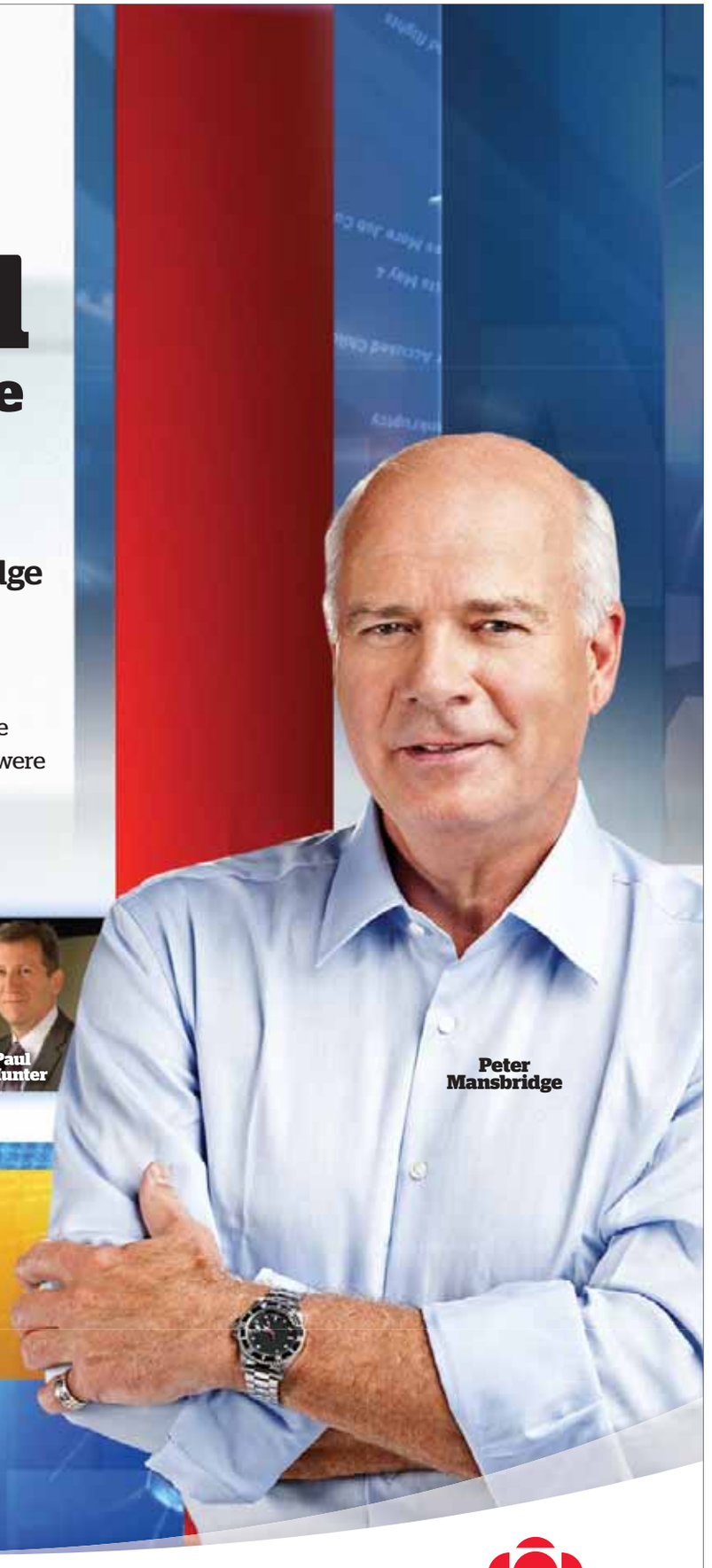


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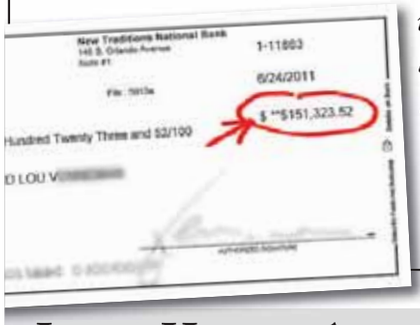

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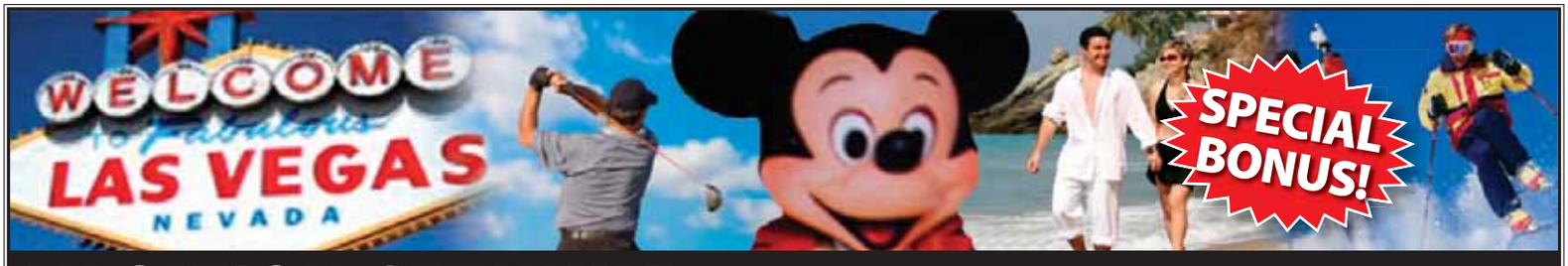


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# 34 dead as Talas slams Japan

## Fears of more mudslides in rain-soaked areas delay rescue

Japan braced for more heavy rain and floods as the death toll from the worst typhoon to hit the country in seven years climbed to 34.

Rescuers searched for 55 others who were missing, and tens of thousands of families struggled without power or telephone service.

Typhoon Talas, which was downgraded to a tropical storm, lashed the Kii peninsula in central Japan with destructive winds and record-setting rains over the weekend before moving offshore into the Sea of Japan.

The destruction added more misery to a nation still reeling from a catastrophic earthquake and tsunami six months ago. In one of his first acts in office, Prime Minister Yoshihiko Noda — sworn in just one day before Talas made landfall — vowed the government would provide as much assistance as quickly as it could.

The Japan Meteorological Agency predicted more heavy rain today in northern and western Japan, where the already sodden ground caused fears of more mudslides and floods. The extent of damage from the typhoon was still emerging yesterday.

Rescuers and reconnaissance teams spread out over the worst-hit areas to look for survivors or people stranded in flood zones.

During the search effort yesterday, rescuers recovered a dozen more bodies, bringing the confirmed death toll to 34, according to the government's emergency headquarters.

Evacuation advisories remained in place for about 100,000 people.

THE ASSOCIATED PRESS

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▶ Heavy downpours by Typhoon Talas swamp a residential area in Kiho, central Japan.

# Soggy Lee threatens flooding

Former tropical storm Lee dumped more than 30 centimetres of rain in New Orleans and spun off tornadoes elsewhere as its centre came ashore in a slow crawl north that raised fears of inland flash flooding in the Deep South and beyond.

Areas of Alabama, Louisiana and Mississippi near the coast reported scattered wind damage and flooding, but evacuations appeared to be in the hundreds rather than the thousands, and New Orleans' levees were doing their job more than six years after Hurricane Katrina swamped the city.

Robbie Berg, a specialist with the U.S. National Hurricane Center, said Lee's flash-flood threat could be more severe as the rain moves from the flatter Gulf region into the rugged Appalachians.

Elsewhere, Hurricane Katia weakened slightly as it moved northwestward across the Atlantic but is still a Category 2 storm.

Early yesterday, Katia's maximum sustained winds decreased to 160 kph. But hurricane specialist Todd Kimberlain said some strengthening is forecast and Katia is expected to become a major hurricane by today. He said it's unlikely Katia will hit land but wind from the storm could still affect the U.S. East Coast as it moves north.

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# THIS TIME, IT'S ALL ABOUT YOU

## SHE SAYS ...

JESSICA NAPIER
METRO

Humans are social creatures; we crave the comfort of other warm-blooded beings in close proximity. At work we're lauded for our teamwork skills and at leisure we're obsessed with being connected (virtually or otherwise). And yet, despite our natural desire to seek out togetherness, there is something to be said for being alone.

No, not the sad, weepy, nobody-loves-me kind of loneliness you experience on the first night after a breakup. And not the alone time that you spend tweeting or curating your Facebook profile. I'm talking about legit solitude.

The thought of isolation makes some people very nervous. After five minutes of seclusion we feel panicky, compelled to reach for our phones and connect to the rest of the world. But when we are constantly looking to others to validate our existence, learning how to be alone is more important than ever.

**"Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules; make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please."**

I often find myself feeling desperate to disconnect and enjoy some solid me time. Not because I'm antisocial and wallowing in self pity (I'm looking at you, Bridget Jones, singing All By Myself into a tub of ice cream) but because in everyday life there is a constant pressure to be on. Sometimes I just need to switch off.

It's so important to take time off from the daily performance of being a best friend, a lover, a co-worker, and to allow ourselves to just be. Whenever I'm by myself, I find time to do all those things I've been meaning to do, or I find time to do nothing at all.

Whether I'm more relaxed or more productive, I'm ultimately more myself when I'm alone than at any other time.

Single living, if your budget allows, is a marvelous luxury. You have total freedom to live by your own rules: make a mess, go out all night, sleep all day (diagonally if you're so inclined), have cereal for dinner, listen to awful music and decorate however you please.

And if you become unsatisfied with your solo time indoors, the city can be a wonderful place for loners. You can wander unnoticed in the crowded streets, disappear in darkened movie theatres, slip into near-silent art galleries and forget the rest of the world.

Solitude in large doses may not be for everyone, but to be alone by choice — in a content and meaningful way — is an essential part of the human experience.

*Read more of Jessica Napier's columns at metronews.ca/shesays*

# One man's junk will get a second life

## NEWS WORTH SHARING

You finally convince your parents to buy that flat screen.

But what to do with the old rabbit-eared television?

Forget the curb.

The Campbell River Bottle Depot will soon be accepting items like TVs, car batteries and toasters.

The depot also takes donations for local food banks, charities and school programs.

Open seven days a week, the Campbell River Bottle Depot is doing its part to keep community dumps — and curbs — clean.

CRAIG AND MARC KIELBURGER

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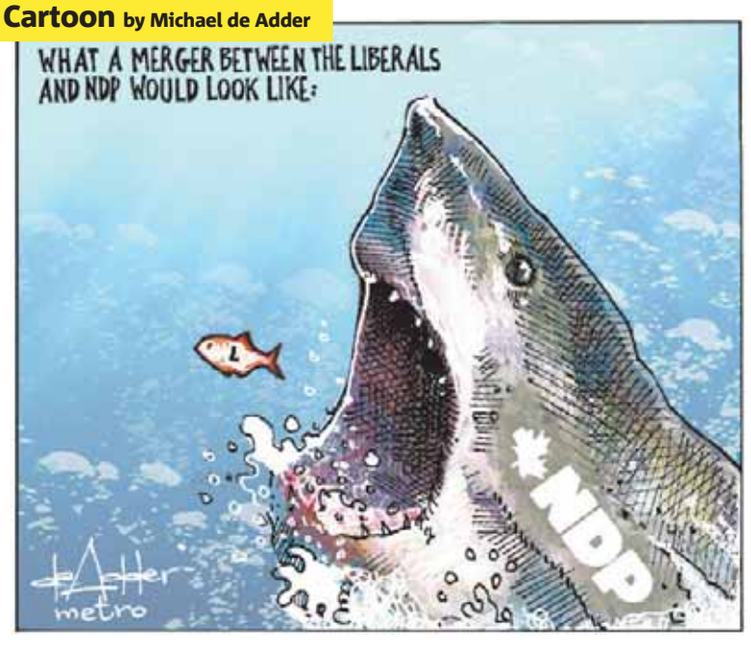
## Tweets

- **@gloomybb:** Congratulations to #Canucks broadcast legend Jim Robson on being selected to receive the Order of BC in October!!!
- **@ArashMadani:** The beloved Vikings officially announce that former #BCLions WR Emmanuel Arceneaux has been added to Minnesota's practice roster. #CFL
- **@schindelka:** Last day #PNE in #vancouver on the #longweekend i'm hungry! Time for some fish & chips at #C-Lovers yfrog.com/nyywlrj
- **@shaeamberlee:** Finally making it to the #PNE today =) Goodtimes shall ensue with @Sofie_S & @ChrisJordanLee
- **@jeenagrewal:** cotton candy for breakfast! #pne yfrog.com/hszdcvosj
- **@geroysimon:** I've been watching the Hamilton and Montreal game on and off at the gym, I just noticed the score. Wow this is a beatdown!
- **@dawn_chubai:** Jim Byrnes performing with @DalRichards @PNE_Playland today! St. Louis Blues and My Walking Stick in his set! See u at 11:30!
- **@LibbyDavies:** So nice @MayorGregor to say at labour rally he will ask city to name street or bike lane in memory for @jacklayton #fb

## Cartoon by Michael de Adder




WEIRD NEWS

## Fact: You can earn respect by eating chicken wings

The Black Widow of eating contests has scarfed down 183 chicken wings in 12 minutes to break her own world record set last year in Buffalo, N.Y.

Sonya Thomas took home first place Sunday at the 10th annual National Buffalo Wings Festival. She beat eating marvel Joey (Jaws) Chestnut, who came in second with 174 wings.

The two won titles at the July 4 hotdog-eating contest on Coney Island.

The 100-pound Thomas of Alexandria, Va., is the reigning wing-eating champion. She downed 181 wings to win the 2010 contest.

Thomas is called the Black Widow because she often beats male competitors in eating contests.

THE ASSOCIATED PRESS

JESSICA GRIFFIN/THE ASSOCIATED PRESS

▶Sonya Thomas chews toward a win in this file photo.

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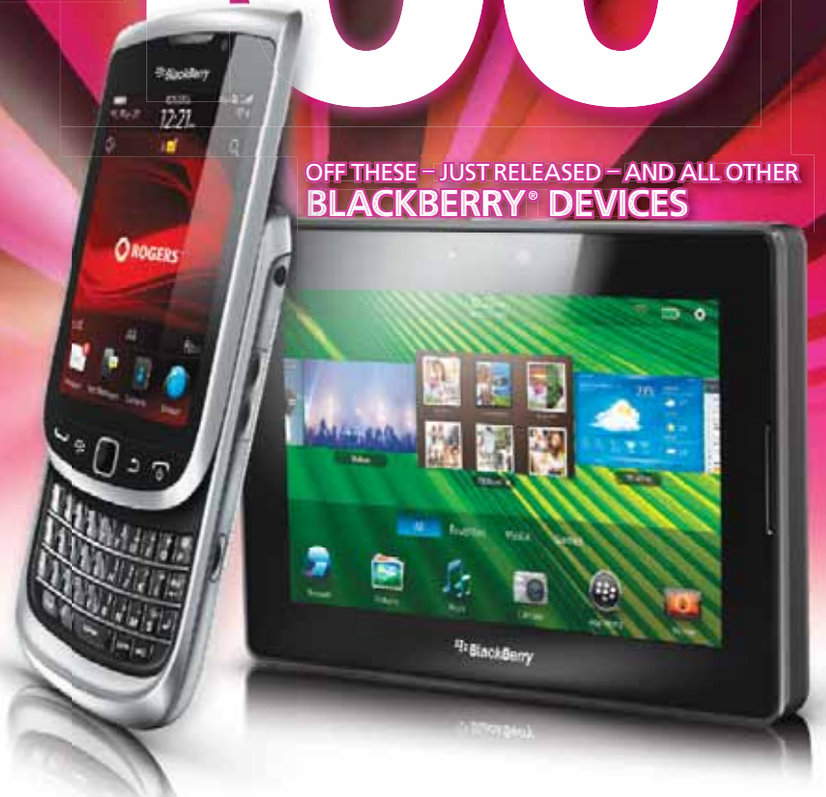


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▶ What was in those drinks, anyway? An iPhone 4 prototype was lost in a Redwood, Calif., bar by an Apple employee in March 2010. Now Apple is on the hunt for another smartphone prototype, this one left behind in a restaurant in San Francisco's Mission Hill district.

# Apple on scent of lost iPhone 5

## Company enlists police to help find prototype misplaced by employee at San Francisco restaurant

San Francisco police officers helped Apple Inc. investigators look for a missing iPhone 5 prototype that was left in a city restaurant in July, the police chief said, the second time in two years the company has lost an unreleased smartphone.

Police Chief Greg Suhr said four plainclothes officers accompanied two Apple investigators who searched a San Francisco home for the iPhone prototype.

The Apple employees conducted the house search after asking the resident's permission, and the officers did not enter the home, police said.

**Déjà vu**

▶ **Two men were charged** with misdemeanours last week for selling a lost Apple iPhone 4 they found in March 2010 in a bar in Redwood City, Calif. That phone was sold to the gadget blog Gizmodo.com for $5,000, prosecutors said.

Apple tracked the smartphone to the home using GPS technology, but the gadget wasn't found there, Lt. Troy Dangerfield said.

Sergio Calderon, who lives in the home, said he was led to believe all six people were police officers and would not have admitted the two investigators had he known they worked for Apple.

Apple officials would not comment on the case.

Suhr said it's not uncommon for San Francisco police officers to help private investigators. He said he didn't know how the Apple employees presented themselves to Calderon.

"The reason we do civil standby is to make sure there isn't a problem," he said.

Apple, based in Cupertino, Calif., is reportedly planning to release the new version of its popular iPhone this fall.

THE ASSOCIATED PRESS

# Future 'bleak' for young workers, OFL chief says

Canada could face a labour shortage within five years as baby boomers retire, even as a younger generation of workers confronts a future full of part-time jobs with poor pay and little in the way of a pension, observers say.

Sid Ryan, president of the Ontario Federation of Labour, said he's worried students graduating with a bachelor degree won't find good jobs so they can pay off student loans and build a future.

"The kids today cannot look forward to full-time, decent-paying jobs where you can afford a mortgage, a car," he said. "We are fearful for young workers getting in right now. The future does look very bleak."

Employers are seeking bargaining concessions in two key areas, Ryan said: They want to pay new hires lower wages and offer defined-contribution pension plans — a controversial, lower-cost alternative to traditional defined-benefit plans.

**Market moment**

PRICES AS OF 5 P.M. YESTERDAY

| TSX | Dollar |
|---|---|
| Closed | No trading |

| Oil (Electronic trading) | Natural gas (Electronic trading) |
|---|---|
| - $2.85 ($83.60 US) | $3.857 US (- 0.39%) |

Gold (Electronic trading): $1,902.80 US (+ $25.90)

A Harris-Decima Labour Day poll for Monster.ca found that 40 per cent of Gen Y workers — people aged 18 to 30 — aren't working in their preferred field, while 16 per cent have changed jobs five or more times.

And more than one in three people in their 20s said companies don't provide sufficient mentoring or use younger workers to their potential.

Robert Waghorn of Monster.ca says employers should provide mentoring to retain employees, since it's costly to hire and train new workers.

"If they don't take notice what the Gen Y-ers and the boomers are saying about job security, work-life balance, then these guys are going to be walking out the door themselves on their decision," he said.

THE CANADIAN PRESS

# Obama set to unveil new jobs strategy

September trading starts in earnest after the Labour Day weekend with a trio of major events that will unspool throughout the week.

The Bank of Canada is expected to announce no changes in interest rates tomorrow, even though data last week showed the economy shrank slightly in the second quarter.

And economists expect modest job growth when Statistics Canada releases its August employment report on Friday.

But the event that will have a greater impact on stock markets happens on Thursday night when U.S. President Barack Obama unveils his jobs program.

Economists were deeply disappointed last week when the August non-farm payrolls report showed flat monthly U.S. net job growth for the first time since 1945.

The weakness in employment was underscored by downward revisions to the jobs data for June and July, which showed 58,000 fewer jobs were added.

**Moving ahead**

▶ **The consensus among** economists calls for the Canadian economy to have created about 25,000 jobs in August after a gain of more than 7,000 in July.

Some analysts say the U.S. government will have to offer tax incentives to companies to hire the unemployed.

Others say Obama is likely to find resistance from the Republican-controlled House of Representatives over anything that hints at higher spending.

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# HST move bad for business: Experts

**Loss of input tax credits for companies could make it difficult to attract investment Job losses possible**

Though it doesn't come into effect until 2013, companies in British Columbia are already preparing to cope with the costs of revoking the harmonized sales tax.

The removal of the controversial HST is a boon for businesses in the service sector, who saw demand drop as consumers were forced to pay seven per cent more for everything from a haircut to a hamburger.

But the goods-producing sector is set to see profits squeezed when the province reverts to the old provincial-sales-tax system.

The HST — which combined the five per cent federal sales tax with the seven per cent provincial portion — gave businesses input tax credits for the PST they pay on investments.

**"With the HST removed, the projects become instantly more expensive and not as attractive as they once were."**
**DALLAS LEUNG, TERMINAL SYSTEMS INC.**

Imperial Metals, owner of the Huckleberry Mine near Houston, B.C., had expected about $400,000 in annual PST savings, but said in November — when the HST debate was raging — that a loss of those savings could affect the mine's long-term viability.

Companies in other crucial sectors, from forestry to shipping, will also have to adjust budgets to deal with higher input costs after 2013.

Terminal Systems Inc., which operates the Vanterm and Deltaport terminals in the Port of Vancouver, has already begun to look for ways to offset the impact of paying seven per cent more for goods.

"It just makes it all that much harder to attract the investments here in B.C.," said Dallas Leung, vice-president of finance and administration. **THE CANADIAN PRESS**

## Swiss diss new treaty

Swiss banking officials lashed out yesterday at the possibility of yet another tax treaty with the U.S. aimed at handing over the details of more Americans suspected of using Swiss banks to cheat on their taxes.

Patrick Odier, chairman of the Swiss Bankers Association, urged the Swiss people and the government to "put up a united front" to put a halt to a second bilateral tax treaty.

Last year, the country's biggest bank, UBS AG, was forced to hand over the names of thousands of American account holders and pay a $780 million US fine in a landmark case that pierced Switzerland's storied tradition of banking secrecy. Switzerland fears U.S. officials may try to bring charges against more Swiss banks if the country does not divulge more details on American tax evaders. **THE ASSOCIATED PRESS**

DAVID PAUL MORRIS/GETTY IMAGES

▶ DigiNotar, the firm that was hacked, sells security certificates used to authenticate websites. Google was among many sites whose defences were compromised.

## IRAN BEHIND HACKER ATTACK: OFFICIALS

Hackers who broke into Dutch web-security firm DigiNotar issued hundreds of bogus security certificates for spy-agency websites including the CIA as well as for Internet giants Google, Microsoft and Twitter, the government said yesterday.

Experts say they suspect the hackers operated with the co-operation of the Iranian government.

The Dutch Justice Ministry published a list of the fraudulent certificates that greatly expands the scope of the July hacking attack that DigiNotar acknowledged last week. The list includes sites operated by Yahoo, Facebook, Microsoft, Google, Skype, AOL, Mozilla, TorProject and WordPress, as well as spy agencies including the CIA, Israel's Mossad and Britain's MI6. **THE ASSOCIATED PRESS**

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▶ Gossip gurus: Ben Mulroney and Tanya Kim

ANDREW MACNAUGHTAN

# What's it like to chat up the stars?

- 10th season of etalk starts today
- Metro talk to the hosts

## Ben Mulroney

**What was your most memorable interview?**
Hands down, it was my recent sit-down with Lady Gaga. To be able to spend an entire day with the biggest pop star on the planet and discover so much about her — from her inspiration, to her professional highs and lows — was so satisfying.

She was so honest, so candid and so truly down-to-earth that I actually felt that I learned something by the time it was done. To conduct an interview that goes beyond promoting an album or pushing a product, and to do so with someone like Lady Gaga, was a gift.

**Looking back, what is your most embarrassing moment/interview?**
Easiest question to answer: introducing Russell Peters as Russell Simmons. On the Juno Awards red carpet. In my defence, someone had said earlier that day: "whatever you do Ben, don't confuse Peters with Simmons!"

They got in my head and I, of course, enjoyed a truly embarrassing moment on live TV.

Add to that, Russell milked that moment for a year until the next red carpet when I introduced him — deliberately — as Richard Simmons.

## Tanya Kim

**What was your most memorable interview?**
I'm fortunate to say I've experienced a number of memorable interviews, but if one were to really stand out, it would have to be the time I spent with Jamie Foxx in Las Vegas. I feel as though it was truly one of the rare times when there really was no barrier between journalist and interviewee. Jamie was warm, charming, funny, really giving of his time and possessed a wonderfully positive energy. He was the same person when the cameras were rolling and when they weren't. He shared story after story with me as if we were just two old chums reconnecting… I still have warm fuzzy feelings when I think of this interview.

**Looking back, what is your most embarrassing moment/interview?**
Truthfully, there's not one moment in particular that comes to mind — if there was I would share it with you, absolutely! I'm a bit of a klutz, I like to goof around and have probably done a "few" (ahem) embarrassing things in my time…which is why it's a good thing I don't take myself too seriously!

**What is the one story that got away from you?**
This might not be a case of when the story "got away from me," but it's definitely a moment where the wheels sort of came off. It was at the very end of my etalk Presents: NKOTBSB special, and after a great chat, all nine of the guys started goofing off and running around the studio.

Some were tap-dancing, others were shaking their booties; it was like a scene straight out of Daddy Daycare!

Not much I could do, but just make an executive decision to let them "go" and do their thing. What a real moment… and hilarious!

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▶ Tom Hardy, left, and Joel Edgerton star in Warrior.

# Training to be a warrior

## Tom Hardy and Joel Edgerton play battling brothers in a film about fighting and family

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For Warrior, actors Tom Hardy and Joel Edgerton face off as mixed martial arts fighters — and brothers — trying to punch, kick and grapple their way to a better life. But just because they can pass for lethal, musclebound cage-fighters on screen doesn't mean either is ready for a career change. "Any one of you guys could beat me up right now," Edgerton says, sizing up the reporters and publicists in the room, who smile back nervously.

While he's still in peak shape for his next role, Hardy agrees, explaining that the first thing they learned was how little they knew. "You know that we trained because now we know even less about fighting than we did when we started," Hardy says. "You don't go swaggering, because it will come home to roost. It's normally the quietest guy in the room. You learn things like, if I can hear my own voice in a bar fight, I'm just about to get knocked out."

If leaked online footage is any indication, the quiet guy taking Hardy down these days is Christian Bale, whose Batman goes toe to toe with Hardy's freakishly strong Bane in the Dark Knight Rises, currently filming — though the only thing Hardy will say about that project is that he "can't talk about it at all."

The third of Christopher Nolan's Batman films isn't the first time Bale has gotten in Hardy's way, so to speak, as Warrior was originally set to come out last year, but an unfortunate coincidence led to it being delayed. Edgerton explains: "As they got closer to any kind of finished form of the movie, this film called The Fighter came out — a little family drama that centres around a bit of fighting. They're completely different movies, but on a trailer or on paper, the supposition is they're the same thing."

Hardy summed up the similarities more succinctly: "Two brothers fight," he said. "But Christian Bale obviously is going to win an Oscar, so let's not put ours out now."

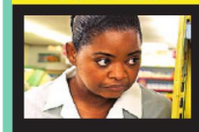
How big of a delay are we talking? Hardy actually filmed Warrior before joining Nolan's Inception. So while Warrior and the Dark Knight Rises have meant lots of weight training and bruises for Hardy, he's had some rest in between.

"It was like putting on a pair of slippers and a robe and, like, rubbing myself in lavender oils," Hardy says of the transition from one film to the other. "Having everything done for me, it was heaven, to be honest. I had a wire instead of having to leap over things, and no one was trying to hit me in the face. Heaven."

Edgerton, who will next be seen in The Thing, is heading back to his native Australia for a similarly comfortable transition, starring alongside Leonardo DiCaprio, Tobey Maguire and Carey Mulligan in the Great Gatsby.

2 scene

### Box office



According to studio estimates Monday, the acclaimed drama about Southern black maids took in $19 million over the long holiday weekend. Best among the newcomers was Helen Mirren's Holocaust-revenge thriller The Debt at No. 2 with $12.6 million from Friday to Monday. The sci-fi horror tale Apollo 18 opened at No. 3 with $10.7 million.

THE ASSOCIATED PRESS

Pacino calls his Wife Salome an 'ambitious and complicated' cinematic gesture.

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# Filmmaker takes flick straight to YouTube

HANDOUT

▶ Enfin l'automne is a story of best friends who have their eye on the same girl.

Patrick Boivin can't say his debut feature film, Enfin l'automne (Fall Finally), will be in theatres everywhere this weekend alongside other new movies including Shark Night 3D and Apollo 18.

But the Montreal-based animator and filmmaker says he's excited to be screening his film for an even larger audience.

He's premiering it Sunday on YouTube, and proudly says his movie will be the first Canadian feature to be uploaded to the site.

While most filmmakers would probably be disappointed if their film debuted online, for free, Boivin says it's the ideal way to launch his movie.

"Enfin l'automne (Fall Finally)" is the story of two best friends, performing artist Jack and cafe owner Jerome, who both have eyes for the same girl. Jerome gets the girl, with Jack's blessing, and the ensuing story is an urban tale of normal everyday life, friendship and love.

Most of the dialogue is in French, with English subtitles, although one character speaks English. Boivin and his filmmaking partner Olivier Roberge sank $45,000 of their own money into the movie after getting a series of rejection letters from financiers.

Although they had a minuscule budget to work with, it doesn't show; it's beautifully shot and has the look and feel of a studio-produced film.

That the movie looks so good is probably not surprising to fans of Boivin's work.

While he's no household name, he has a large following online, with almost 166,000 YouTube users subscribing to his feed of videos, which include short films, stop-animation projects and music videos.

Collectively they've been viewed more than 121.5 million times.

Given his engaged online fanbase, Boivin believes YouTube is the best place to showcase Enfin l'automne (Fall Finally), especially given his previous experience at film festivals where he screened some of his shorts, like Radio.

"Even after all the places we went maybe 5,000 people saw Radio (in theatres). After a month on YouTube there was 350,000 views — so that's a terrific way you can reach people," Boivin says.

THE CANADIAN PRESS

# Contagion will have you washing your hands

## Film about deadly virus not for hypochondriacs

JONATHAN SHORT/THE ASSOCIATED PRESS

▶ Steven Soderbergh

Academy Award-winning director Steven Soderbergh's latest film Contagion can be considered a 105-minute PSA with a simple message: Wash your hands. Often.

Certainly audience members may look more warily at public door handles and subway hand rails after watching, perhaps in a crowded theatre, the film about the global spread of a lethal surface-borne virus with a kill rate of about 25 per cent.

"It is impossible, once you start thinking about it, to stop thinking about it," Soderbergh acknowledged at a news conference ahead of the film's world premiere out of competition at the Venice Film Festival on Saturday.

"I'm washing my hands a little bit more. But since I showed up in Venice I have been shaking hands, a lot. I was on an airplane, which is one of the worst places you can be.

"This is just the world we live in."

Contagion features Matt Damon, Gwyneth Paltrow, Kate Winslet, Jude Law, Marion Cotillard and Lawrence Fishburne in a fast-paced drama that depicts the rapid spread of a lethal virus of unknown origin and with no available vaccine.

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# LAPTOPS FOR SCHOOL

**WHEN IT COMES TO LAPTOPS, THE OPTIONS RANGE FROM A SIMPLE NETBOOK TO A FULLY-LOADED LAPTOP WITH A LARGE SCREEN. HERE'S HOW TO MAKE THE RIGHT PURCHASE AS YOUR KIDS HEAD OFF TO SCHOOL.**

These days when you send your kids off to school, you're not just arming them with some ground rules and clothing for the semester. You've also got to pack them a laptop. New laptops are typically ready for wireless Internet access and allow students to work from anywhere on or off campus. Some classes even require laptops for note-taking, lab assignments, and tests. As you set out to choose a laptop for your college kids, the options (and expense) can seem endless. Should you purchase a fully loaded PC or Mac®? Or does your student only need an inexpensive netbook that will simply connect them to the Internet and allow them to send email and do basic word processing? You'll also need to consider software selection, theft-prevention, online security, and backup so they don't lose those important term papers.

Fortunately, there are some basic steps to follow in determining the type of laptop to buy -- and how to ensure its, and your child's, safety.

**1. DECIDE ON A LAPTOP.** Most college students will get by with a PC laptop that includes software standards like a word-processing program for all those essays or a spreadsheet program for advanced math classes. If your child is studying graphic or Web design, however, they might need design software and a Mac, the platform that still tends to be favored by creative fields. A netbook might be suitable if they're only writing papers and surfing the Web.

Not every laptop is created equal, so it's helpful to know how to read the differences:

- **Memory:** How much do they need? Probably enough to store items often found on college laptops like MP3s or photos of friends. And depending on their major, they may need extra hard drive space for original creations such as large graphic design files, movies or digital music scores. Consider a laptop with 1GB to 2GB of memory depending on how they'll use the laptop.
- **Size:** What's more important: portability or screen size? Most kids will want a lightweight laptop so they can easily lug it along with the books. But some will prefer the larger 15-inch screen that can make the laptop heavier.
- **DVD burner or multimedia features:** Do they need these extras? For example, do they need a burner to make DVDs for assignments? Or do they need multimedia must-haves like a graphics card with extra memory or connectors, such as S-Video? Chances are this feature will come in handy for presentations they may have to give.

**2. PICK A SECURITY PACK**
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**AGE.** College students gest users of digital ing and freeware. Such a lot of downloading opening them up to efore they ever get their brand-new laptop virus, antispyware, and rotection. Norton™ nd Norton 360™ puters against these others. For instance, curity will warn your s download before n it. The program also can be trusted and

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before gaining access to any files. They should also change all their passwords often. Advise them to use

passwords that don't include real words or personal information, and that do include numbers symbols in addition The other issue to theft. If they'll be c spaces, they should to secure their laptop before leaving it for a few minutes. g out their laptop is - their friends could al that's against their s policy (like pirated e) or could leave it r or dorm, risking

**4. CREATE A BACKUP PLAN.** Thumb drives are handy, but they can't store a semester's worth of papers and a serious MP3 collection. If your college kid's laptop does happen to be stolen -- or experiences an unpredictable hard drive crash -- having a backup will make the event less painful. With frequent, automated backups, all their assignments, emails and personal files, like photos, will be stored safely. Norton™ Online Backup is an online service that allows you to automatically back up your data to a secure storage site. This way, if your son or daughter loses their laptop, they can use a private login to access their data from any online computer.

It's true that picking out a laptop for your college-bound kid isn't as simple as selecting dorm room décor. But with a smart buying strategy that includes security measures, you'll be able to equip them with the tools they need to make it to graduation while protecting your investment along the way. ■

## SAFETY IN ONLINE DATING: Online security still counts

When you are online dating, your computer is suddenly the gatekeeper to your social life. You want to make sure your computer stays in tip-top shape, protected no matter what new websites you are visiting, or the new people you are coming into contact with. Some of the most common online threats are spread through email and instant messaging. Make sure you don't let your guard down and fall for a phishing attack in spam email or click a link in either email or an instant message. Don't download files - even if an alert comes up on the site - without double-checking to see if it is real. Use internet security software (and keep it updated) so you are protected whenever you are online.

## CYBER BULLYING

Technology gives today's kids more ways to connect, socialize and communicate than ever before, that is the good news. The bad news is that some kids are abusing the technology. One way they abuse it is by cyber bullying. Essentially the new high tech version of the schoolyard bully. Cyber bullying is cruel anti-social behavior perpetrated either online or via cell phones, often anonymously, mostly by tweens and teens, and sometimes by troubled adults.

Cyber bullies use text messages on cell phones, or email, instant messages, social networking blogs, or Web pages to harass, embarrass, and intimidate other kids. The bullying takes many forms, from spreading false rumors and posting embarrassing pictures of others to sending offensive messages, repeated harassment (sometimes sexual), stalking, threats, and even extortion. Cell phones, PCs and the Internet, tend to give the cyber bully a sense of anonymity, which emboldens him or her to make their offensive behavior more vicious.

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### Hanna
**Genre:** Action
**Director:** Joe Wright
**Stars:** Saoirse Ronan, Cate Blanchett, Eric Bana
●●●

Hanna is Little Red Riding Hood by way of Frankenstein. If this sounds like one fractured fairy tale, it is — and it's also a thriller where the women are tougher and wilier than the men.

These wildly disparate elements successfully blend in part because director Joe Wright doesn't force them, at least until the theme park denouement where Cate Blanchett is literally framed by her wolf metaphor.

There's natural interplay between the almost medieval world we're presented with at the outset and the modern one it turns into. Contradictions collide and connect in the screenplay, much the way the throbbing score by the Chemical Brothers suggests both innocence and menace.

What really pulls the package together, however, is the chase between Saoirse Ronan's feral title anti-hero and Cate Blanchett's bloodless CIA agent Marissa.

For much of the film, we're not sure exactly who is after who. Call it Red Riding Hood vs. Big Bad Wolf, or vice-versa; it's a rare example of two great female actors driving an action pulse-raiser.

Extras include deleted scenes, an alternate ending and director's commentary.

PETER HOWELL

### X-Men: First Class
**Genre:** Action
**Director:** Matthew Vaughn
**Stars:** James McAvoy, Michael Fassbender, Jennifer Lawrence
●●●

Here's a welcome exception to the brainless blockbuster phenomenon.

It's so smart, in fact, that newcomers to the X-Men saga might well be advised to do a little advance homework, or risk missing all the subtle connections and foreshadowing of things to come.

Set mainly in the Cold War combustion of 1962, the movie is a reboot of a Marvel Comics franchise that had worn out its welcome. Director Matthew Vaughn brings similar freshness to this comic creation as he did to Kick-Ass, and manages to do so while hewing to the saga's serious dramatic intent.

The film's two main characters, James McAvoy's Charles (later Prof. Xavier) and Michael Fassbender's Erik (later Magneto), seem like characters out of a Dickens novel, being two mutant lads of differing birth circumstances yet following parallel (and perilous) life paths.

Playing both the best of friends and rivals, McAvoy and Fassbender are the dramatic anchors of a committee-written script that often threatens to sink under the weight of incident and personnel.

The movie fairly rockets, at least for its first hour.

Extras include deleted scenes.

PETER HOWELL

### Certified Copy
**Genre:** Drama
**Director:** Abbas Kirostami
**Stars:** Juliette Binoche, William Shimell, Jean-Claude Carriere
●●●●

Any numbers of assumptions could be made about Juliette Binoche and William Shimell in Abbas Kiarostami's marvelous puzzle box of a movie.

Their characters may or may not love each other. They may or may not even know each other. They interact in a film that may be comedy or may be drama.

For his first film made outside his native country, and his first in English (but there's almost as much French and Italian), is the Iranian auteur simply playing an elaborate joke? It's possible to enjoy Certified Copy as simply an intellectual exercise, as I initially did; a second viewing prompted much deeper and more satisfying thoughts.

Just one thing is for sure about the movie: Certified Copy is a real triumph.

PETER HOWELL

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# The View looks

## With Oprah gone, Walters' show poised to win ratings contest

With Oprah Winfrey gone, daytime television is ready for a new monarch.

Barbara Walters and the show she invented 15 years ago, The View, pronounce themselves ready to step up. She may be past 80 now, but would YOU bet against her?

The show begins its new season today, with New York City Mayor Michael Bloomberg as guest. In a muddled daytime picture, The View plans to compete aggressively for displaced Winfrey viewers with a more topical feel, aggressive booking of guests and a few pages ripped from Oprah's playbook.

"Oprah was the only other show that did some of the things that we did," said Bill Geddie, executive producer. "Quite honestly, some of the people that we might have gotten second, we'll be getting first now."

The View has just as much chance as any to become the daytime talk leader. Late afternoon, where Winfrey's show ran across most of the country, is considered a more desired time slot than the 11 a.m. home of The View. But a big mixture of personalities like Dr. Phil, Ellen DeGeneres, Anderson Cooper and Dr. Oz will now be competing in the afternoon, some of them new to their time slots or new to the business, and none goes in with a huge advantage in the ratings, said Bill Carroll, an expert in the daytime market for Katz Media.

Meanwhile, The View is a fixture at its time of day.

"Consistency always works in your favour," Carroll said.

Shows that score a 10 out of 10, at 10.

Weeknights at 10 pm

Mon Rocco's Dinner Party
Tue Picker Sisters
Wed Roseanne's Nuts
Thu Necessary Roughness (*premieres September 15*)

# best at the top

ABC, IDA MAE ASTUTE/THE ASSOCIATED PRESS

▶ The View starts its 15th season today on ABC.

Geddie noted that no 11 a.m. show has ever been the top daytime talk program, and he seems eager for the challenge of changing that.

The time slot was no real prize back in 1996. ABC had a string of failures there before asking Walters to come up with an idea for a show. She thought of presenting a handful of women with diverse backgrounds and opinions, primarily an entertainment show. Still busy at ABC News, Walters appeared only two days a week and asked Meredith Vieira to be moderator, a role now held by Whoopi Goldberg. **THE ASSOCIATED PRESS**

WNETWORK.COM
TM

## Celebrity tweets

@MrsLRCooper

Wow, people are being nice to me cause I'm pregnant. Doors being opened, people being helpful etc, its like a whole new world.

@ActuallyNPH

I think I'm gonna start tweeting about things I dig. Not 'shallow graves' or 'tunnels to China', more just random stuff that I like.

@mindykaling

I'm not wishing Beyonce happy birthday on twitter because I am wishing it to her in person on our yacht we share because we're close friends

@DannyDeVito

Zoe Saldana is cool even when she's not blue

DIMITRIOS KAMBOURIS/GETTY IMAGES

▶ Madonna

# Madonna's new film in need of a prayer

**Directorial debut gets slammed Set to come to TIFF**

Madonna brought her directorial debut, W.E., to the Venice International Film Festival last week, but the critical drubbing her work received was hardly welcoming.

The film, about American socialite Wallace Simpson and starring Abbie Cornish, was dubbed "an extraordinarily silly, preening, fatally mishandled film" by the Guardian.

Variety declared that, "Burdened with risible dialogue and weak performances, the pic doesn't have much going for it."

The singer and first-time director will next head to the Toronto International Film Festival next week, where she's likely hoping for a warmer reception. METRO

# Wedding shout-out for Winehouse

CLAIRE GREENWAY/GETTY IMAGES

▶ Mark Ronson

Mark Ronson took a moment while celebrating his recent wedding to model Josephine De La Baume to acknowledge one absent guest: Amy Winehouse.

"Amy was a great friend of both Mark and Josephine and they would have been thrilled to have her with them at their big day, but sadly it wasn't to be," a source says, according to Us Weekly. "Amy would definitely have sung one of her hits at the wedding if she were still alive, as she meant so much to both of them. Her death devastated the pair of them." METRO

# Beef on the set of Idol?

Tensions are high at American Idol as Jennifer Lopez and Steven Tyler prepare for the second season as judges.

"Me and Randy (Jackson) and Steve got into our first fight. I got really, really upset," Lopez tells Ryan Seacrest during a radio interview.

The row was apparently over the audition of a female singer whom Lopez found impressive but Tyler and Jackson wanted to dismiss.

"She was amazing," Lopez says.

"I thought I was being Punk'd. How can we let this girl go? I was upset." METRO

JASON KEMPIN/GETTY IMAGES

▶ Jennifer Lopez

# Oscars may be in cards for Eddie

Eddie Murphy may have a new gig as the host of next year's Oscars, according to Deadline.

The Shrek star is reportedly at the top of the list for director Brett Ratner, who is producing the awards show, and Murphy is said to be "showing interest," sources say.

Murphy nearly secured Oscar gold himself for his role in Dreamgirls, but many believe his poorly received comedy Norbit, released during Academy voting, dashed his chances. METRO

Eddie Murphy

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# Last resort for addiction

**New show Intervention Canada takes an unflinching look at people with drug and alcohol dependencies or other compulsive behaviour Based on the Emmy-nominated U.S. series**

CELIA MILNE
LIFE@METRONEWS.CA

"If she doesn't get help real soon, she's not gonna live," says Don about his 26-year-old stepdaughter, Loren. She is an alcoholic in Windsor, Ont., and one of the people whose story is told on the new show Intervention Canada.

As a child, Loren was abused by her grandfather, and in her young life she has already suffered the loss of several people she loved. She is unemployed, with little hope. Her family believes she's close to death. It's time for an intervention.

The new show, featuring people like Loren who desperately need help, premieres in back-to-back episodes this Friday at 8 p.m. ET on Slice.

It deals with Canadians who are addicted to drugs, alcohol or have other compulsive behaviours. Though addiction is common — affecting one in 10 people in Canada — intervention is a last resort and the majority of people never reach that stage, says Andrew Galloway, one of the interventionists on the show and a substance abuse specialist in private practice in Toronto.

"No one grows up wanting to be a crack addict or an alcoholic," says Galloway, who himself is a recovered addict. "They make bad choices. Once they cross that threshold into dependence, they no longer have the ability to make good choices. I know what it's like; I woke up too scared to ask for help, too ashamed to open up."

Galloway hopes the show gives viewers hope that they can live differently.

For more information on the show, visit slice.ca/interventioncanada.

### By the numbers

**While Intervention Canada is all about the worst-case scenarios, serious cases of addiction are common, and are often linked with other mental illnesses. Here are some statistics from the Centre for Addiction and Mental Health in Toronto:**

- About 20 per cent of people with a mental disorder also have a substance abuse problem.
- One in 10 people over age 15 report symptoms consistent with an alcohol or drug dependence.
- Only one-third of those who need mental health services actually receive them.

▶ Andrew Galloway, one of the interventionists on Intervention Canada and himself a recovered addict.

# Putting a scientific spin on great skin

JANINE FALCON
LIFE@METRONEWS.CA

Dermatologist-developed skincare, such as Murad, Dr. Brandt, Dr. Perricone and Skinceuticals, is a growing beauty category. Canada's expanding list includes blemish-clearing Kellett Skincare, by Dr. Lisa Kellett in Toronto; Riversol, a rosacea treatment line from Vancouver-based Dr. Jason Rivers; and anti-aging Miracle 10, by Dr. Frank Lista, who splits time between Toronto and Mississauga.

But beyond the medical association with dermcreated skincare, what sets it apart from other beauty brands?

Higher concentrations of pharmaceutical-grade ingredients, as well as formulations tailored to the doctor's specifications, are usually differentiating factors. For example, FormulaB, a new acne-easing trio of facial cleanser, toner and treatment cream by dermatologist Dr. Sandy Skotnicki, spins on four per cent benzoyl peroxide, a widely used acne-care antibacterial ingredient (standard drugstore level is two per cent).

Sometimes success comes from an ingredient rarely found in mass-produced products. Rivers based his Riversol for Rosacea formulation on a red cedar tree molecule he learned about via the department of forestry at the University of British Columbia.

Thujaplicin has antioxidant, anti-inflammatory and antibiotic properties; Rivers discovered its positive effects on rosacea when afflicted patients using Riversol, which launched in 2006, started to report improvements.

In the case of Skinceuticals, a high-profile line launched stateside in 1997, its groundbreaking research and technology put it on the skincare map.

Known for potent antioxidant formulas the skin can absorb, the brand sprang from studies delving into topical vitamin C and its properties.

ISTOCK

▶ Skincare developed by dermatologists is on the rise.

3 life

## You need this

**The Guru menu**

Based on how you feel and the day ahead, this app guides you through the best choices for your breakfast, lunch and dinner. Based on traditional ayurveda and yoga techniques, it allows you to choose from 12 different types of cuisine such as Mexican, Indian and Chinese for the healthiest option possible. MWN

The Guru Menu

APP STORE
$1.99
apple.com

Fifty years after the diet that made her rich, Weight Watchers founder remains slim

# Digging up the roots of good health

- Long before Western, Chinese and homeopathic medicine, there was ayurveda, an ancient Indian health science
- Model-turned-ayurveda yoga therapist 'Yogi' Cameron Alborzion talks us through the technique and its benefits

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

▶ The yogi's balancing act.

## The roots of ayurveda

If yoga was developed as science to bring balance and control to the mind, ayurveda is the sister science developed for the practitioner to bring balance to the body.

"Ayurveda is the science of life and the oldest medicine we know of," says yogi Cameron Alborzion. "We live in a society that's all about ego, changing nature, altering food and needing to know the purpose of everything. It's all about bringing balance to and cleaning the body."

The theory goes, we cannot perfect nature so we should live in line with it instead. Nothing should be artificial or chemically enhanced; rather, we should use what comes out for the ground as medicine and food. Food should be seasonal and you should eat nothing packaged or frozen or that has been in a microwave. Anything that has altered the original state of what you put in your body is considered toxic.

## Ayurveda versus modern medicine

Modern medicine finds people looking at the symptoms then running to the doctor for pills to make things better, whereas ayurveda teaches you to read into your body and mind to define the cause of the disease-feeding symptom and treat the body to restore balance to the system as a whole. Without pills.

"Look at the body as a unit (body and mind) to diagnose what is out of balance and proceed to treat the symptom, going into the core of the pain and finding out where and why it began," explains Alborzion.

**"We live in a society that's all about ego, changing nature, altering food. ... (Ayurveda) is all about bringing balance to the body."**
CAMERON ALBORZION

Look for the tell-tale signs that you are out of balance: Are you too hot, too cold, have a headache, feeling agitated? Are you sleeping enough?

## Dinyacharia: Daily cleaning

Early morning, Alborzion completes "dinyacharia," the ayurvedic cleansing ritual that prepares you to take on the day.

For you, that simply means spending time on yourself, opening the body through yoga and breathing, showering, brushing your teeth, oiling the body — these small steps root the mind and calm the senses. Attending to the body rather than downing a shot of coffee and heading out will lessen feelings of stress and agitation. Without this you will be at the mercy of the elements outside.

"We live in such an extreme way that we need to take care of ourselves daily. The body goes through everything you give; without dinyacharia, it doesn't function properly and goes dry," he adds.

## Diet: Less is more

What you need to eat will depend on your height, stomach and nutritional needs.

"There's a big misunderstanding when it comes to food," says Alborzion. "We live in a society based on comfort where most people sit in an office chair and use up little energy. The average adult needs food as a source of energy, not for building and too much food blocks the system."

Keep away from toxic foods that don't add anything to the body, as they will only cause your system to waste energy eliminating them. Avoid dairy (too much can create a build-up of mucus), alcohol, and canned, processed or packaged foods. Eat food with high water content such as fruits and vegetables and drink plenty of water and herbal teas throughout the day. Alborzion's favourite herbs include mint, chamomile, ginger, cinnamon, saffron, turmeric, pepper and liquorice.

"Only eat when you are hungry and thirsty and once the previous meal has been digested. Eat when calm and not when in a rush," advises Alborzion.

### Energy and the doshas

**Our bodies are formed by three major constitutions, classified by energy types, called doshas. The relationship of a patient's three doshas will determine how best to proceed with achieving and sustaining greater health.**

- **Pitta (fire)** energy drives us to achieve and accomplish goals and exhibit fiery qualities such as passion and anger. When excessive, it can cause indigestion, liver complaints, fatigue and bloating.
- **Kapha (water)** energy helps us feel grounded and helps us feel calm in stressful situations. When excessive, kapha can cause weight gain, diabetes and a feeling of lethargy.
- **Vata (air)** energy helps us explore creativity, express ourselves and remain in motion. When excessive, it can cause dry skin, insomnia, constipation and various nervous disorders.

*For more information check out yogicameron.com*

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## Blueberry Mini Muffins

**Preparation:**

1. Preheat oven to 220 C (425 F). Lightly grease 24 2.5-cm (1-inch) mini-muffin pan cups.
2. In a medium bowl, combine flour and sugar. Make a well in the centre; add milk, egg and melted butter. Stir gently until mixture begins to form a soft dough; fold in berries; spoon into mini-muffin cups, dividing evenly. Bake until tops are golden, 14 minutes.

**Ingredients:**

- 500 ml (2 cups) self-rising flour
- 125 ml (1/2 cup) sugar
- 175 ml (3/4 cup) milk
- 1 large egg, lightly beaten
- 50 ml (1/4 cup) butter, melted
- 375 ml (1 1/2 cups) fresh or frozen blueberries

**THE CANADIAN PRESS/ B.C. BLUEBERRY COUNCIL**

# Joys of a fruity, liquid lunch

**New Gastown food truck serves up healthy smoothies that pass for meals**

## LUNCH RUSH

**ERIN IRELAND**
FOOD@METRONEWS.CA

While breaking from a Himalayan hike, two juice-loving friends became captivated by a mysterious bright orange beverage being consumed by Nepalese locals.

Seabuckthorn berry, the source of the vibrant shade, was the first of many unique ingredients they discovered in Asia.

These findings motivated the pair to launch their eco-conscious business on wheels, The Juice Truck.

Ryan Slater and Zach Berman have their priorities straight: Local and organic produce fill their big pink truck. Some of their vitamin-rich smoothies are packed with as many as five fruits and vegetables.

My drinkable meal consisted of The Avocado Pineapple and The Banana Beet. The former is simply irresistible. Avocado in a smoothie? Instant winner. Blended with sweet, tart pineapple and coconut water, the finished product was luscious. A squeeze of lime added a nice kick.

The creamy Banana Beet, filled with spinach, was like a nourishing intravenous drip. Its taste was subtly sweet and that of pure health.

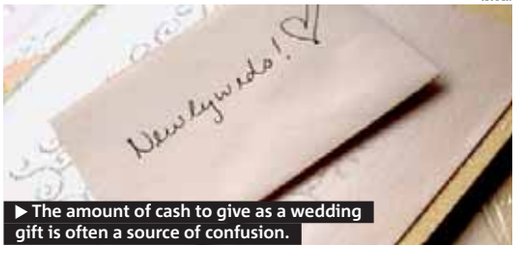
**The Juice Truck**
**Corner of Abbott and Water streets**
**thejuicetruck.ca**
**Social lunch: Yes**
**Price range: $4 - $7.50**
**Rating: 4.5 out of 5**

ERIN IRELAND

▶ The Avocado Pineapple ($6.25), Banana Beet ($6.25) and Raw Chai Brownie ($2.23).

# GIVE WHAT YOU CAN AFFORD

ISTOCK



▶ The amount of cash to give as a wedding gift is often a source of confusion.

## CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

**Hi Charles!**
**Some co-workers and I are having a disagreement about what would be an appropriate amount to give as a cash gift for a wedding. Do you have any insights? Thanks!**
**Niall, Manitoba**

Hello Niall,

There is no rule about how much to give, although some people say you have to give at least the cost of your meal.

This, however, bothers me. If you invite someone to your wedding, it should be because you want him or her to join in your celebration, not because you're trying to raise money to cover the cost of the wedding!

My golden rule has always been that you should feel comfortable giving what you can afford.

It is unreasonable for anyone to expect you to go into debt in order to give a present.

**HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.**

## Ideas for your next date

**1 Warm up your vocals for some musical fun!**
Channel your inner crooner and belt out your favourite tunes at your local karaoke bar. Try an oldie-but-goodie like Rod Stewart's Do Ya Think I'm Sexy? or make like the cast of Glee and try Beyoncé's Single Ladies (Put A Ring On It). Nothing's sillier/sappier than staring into each other's eyes and hitting (or trying to hit) those high notes!

## Date Night

▶ Hit the karaoke bar with your partner so you can hit the high notes together.

**2 First date do-over**
Go on your first date all over again! Hit the kitschy restaurant where you first gazed into each other's eyes, and those wild butterflies will be flitting around your tummy in no time!

**3 Experience the thrill of the hunt**
Indulge your inner voyeur and check out some local open houses. Explore houses you've had your eyes on. While you might not be able to make the leap just yet, there's no harm in a little dream decorating!

**4 Take a staycation!**
Act like a tourist in your own town and hop on a city bus tour. (Note: A couple of cocktails before boarding will make any tour more interesting!)

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Appreciation Ceremony on Sat, Sept. 17th & the Closing Ceremony on Sun, the 18th. Celebrate with popular dignitaries and distinguished guests, enjoy Korean and multicultural performances, and get a chance to win Korean Airlines return ticket to Seoul, Korea or a snowboard from Pepsi and many other grand prizes! Next year's booth reservations start now!

# Meet your credit score

## ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Phooey to New Year resolutions. My vote for the best time to become a better (slimmer) person while working for world peace is the fall with its energizing cooler months.

But before you take on the world and its problems or even your own BMI (body mass index), focus on an issue of financial health first — your credit score.

It is as important to your financial life as your weight is to your physical well-being.

There are actually two parts to a credit rating. The first is your score.

The bottom line is this: a FICO score of more than 650 means you will likely qualify for most standard loans including a mortgage, line of credit and car loan. Less than that will probably send you into the arms of higher interest rate lenders. Aim for a score of 700 to give you some leeway.

The second part of your credit rating is your profile — debts, available credit, late payments, closed accounts and other details of your financial life.

It is very important to check your score and profile annually, so make a resolution this very minute to do it before the leaves turn to red and gold.

There are a lot of myths associated with credit scores. Here are three:

**1. Checking my score negatively affects my credit rating.**
Nope. Your own inquiry is called a soft-check and doesn't change anything.

**2. Closing old accounts or credit cards will improve my score.**
No again. Simplify your financial life by all means, but you are usually better off closing newer accounts or cancelling newer cards.

Retaining recently opened cards and accounts may make it appear you have a short history and a lengthy (good) history is what boosts your score.

**3. As long as I pay all bills and make minimum payments on credit cards my score will be high.**
And another no. A key component of your score is available credit.

Try to use not more than 50 per cent of your credit card or line of credit limits. Better yet, pay off your balance every month.

You can access an abbreviated credit report free from equifax.ca or transunion.ca.

A full report plus your score will cost just under $25. CONTACT ALISON AT WWW.ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM

**"Check your credit report annually to avoid surprises when applying for mortgages and other loans."**
-ALISON'S MONEY RULE

ISTOCK

▶ Take steps to improve your financial health.

# BOOTSTRAPPING

## FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Last week I encouraged students to get a job to help put a dent in hefty tuition bills. Many readers agreed. Others thought the column failed to address the larger social issue; that education in Canada has become obscenely expensive. I agree that the costs are extreme.

Students graduate with great career aspirations, loads of debt and a tough Canadian job market.

But, political and social views aside; students still have to find smart ways to manage their finances.

Students, working a part-time job to pay the bills is a great way cover costs, gain experience and meet people. And, work experience will make you highly marketable to employers!

If a job related to your field of study isn't available, try another industry. Eclectic experiences look great on a resumé and help diversify your skills. Or, become an entrepreneur and cut grass, deliver groceries, write or freelance. Whatever you do, work hard, add value, be personable and get references.

Educational funds are also available through student loans and lines of credit. But, with debt comes responsibility; only take what you need.

Draw up a budget. Using a spreadsheet or online banking budget tracking tool, list income and expenses (big and small).

Apply 'Financial Bootstrapping' techniques to live financially lean and frugal; reduce cellphone bills, dinners out, negotiate for better rental rates or move to a smaller place. Buy text books, laptops, desks and furniture second hand.

File a tax return. Even though you don't make significant income, by filing a tax return you begin accruing tax deductible RRSP contribution room for future years when you'll earn greater income. You're also entitled to receive a GST/HST credit, which can amount to hundreds of dollars in cash. If you're using student loans, you can claim federal and provincial tax credits for the interest paid throughout the year.

Paying for school is difficult and it takes time to chip away at loans. But you're making an investment in your future. Education will open doors for you in terms of your career and lifestyle.

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

This column and more available at
Metronews.ca/YourMoney

*Find advice on personal investing, financial planning, student money and calculators provided by TD Bank.*

Your money section sponsored by: TD

Allan Small
*Senior Investment Advisor – DundeeWealth*

metro

# Stop shaking your piggy bank — shake up old habits instead

Remember what your first savings account looked liked? It was probably a piggy or a giant baseball with a slot at the top. You'd shake it and money would fall out.

Then there was some running to the corner store for candy. And then soon enough, it was the sound you dreaded: that lonely coin rattling around inside a completely empty plastic container. Why did I have only one penny left?

Old habits die hard. So let's shake something other than our empty piggy bank this year. Shake up our old habits. Don't spend so much money on lattes.

That $600 fill–in–the–blank fad? It shall pass.

If you have some money to put away, try the new kid on the block: the Tax–Free Savings Account.

It's an investment vehicle that's a bit more flexible than an RRSP, and a bit more lucrative than a plain old savings account.

**Cash in, baby.**

**Tax–Free Savings Account:**

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NEWS CANADA

# LEARNING CURVE

JACK HOLLINGSWORTH/PHOTODISC/THINKSTOCK

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SAM SMITH
FOR METRO

The final dialogue in a series of speakers is coming to a close Sept. 14 at Simon Fraser University.

"Diasporas" is a collection of speakers and attendees discussing the creative initiatives to better ones community. The final discussion will cover the ways in which Diaspora contributes to development, as well as looking at what they need to have a greater impact.

This public dialogue series is coming to a close, but it's not over for those who want to continue on.

The event is expected to go from 5:30-9 p.m. at the SFU Morris J. Wosk Centre for Dialogue in Vancouver.

For more information, visit sfu.ca/diasporas/

**Kwantlen announces new inter-campus shuttle**

Need to get from one campus to the next? Kwantlen has you covered.

The university officially announced its new inter-campus shuttle built for students and staff alike to travel between all of Kwantlen's various locations.

This pilot project is a joint program between the university and its student association.

The school is hoping to "fill in the gaps that exist with the current transit options available in Kwantlen's communities."

As well as the shuttle system, Kwantlen is joining nine other post-secondary institutes to implement the U-Pass system, allowing students to travel on public transport with their pass during the school term. To learn more, visit kwantlen.bc.ca.

**TEDxCapU comes back to Vancouver**

An independently organized event highlighting the rapid changes in technology, business and the world is taking place again at Capilano University.

Join the Lower Mainland's movers and shakers, entrepreneurs and business leaders Nov. 5 to discuss the ever evolving business world.

This TEDxCapU event is going to focus on the impacts of change on business.

Hundreds of attendees are expected to attend and listen to the nine guest speakers.

The event promises to be forward thinking and is meant to inspire and educate those entering the business world, or those who have been established for many years.

Everyone can benefit from attending.

For more information, visit tedxcapu.com

## Mom wins free VCC courses

With a tip of the hat from Hollywood, one Langley mother was awarded $5,000 in the Larry Crowne contest to take courses at Vancouver Community College (VCC).

Renee Mazzarolo, 34, mother and special education assistant, won the award from VCC's partnership with Alliance Films.

The company named it the Larry Crowne contest, derived from the movie starring Tom Hanks and Julia Roberts, where an older Hanks goes back to college to better himself.

Mazzarolo said she still doesn't know which courses she is going to take, according to a media release from VCC, but she does want to improve her computer skills.

**VCC chef nominated for B.C. Hall of Fame**

John-Carlo Felicella, chef and department head of Vancouver Community College's culinary arts program, is one of 60 nominees who could be inducted into the British Columbia Restaurant Hall of Fame this year.

Felicella is nominated in the Industry Award category, according to a media release, which honours individuals who have shown exceptional professionalism in the restaurant industry.

"It's such an honour to be recognized in this industry," Felicella said in a media release. "I think the nomination is a reflection of the success of the entire culinary arts program at VCC."

For more, visit vcc.ca. SAM SMITH

# Capilano introduces new programs

SAM SMITH
FOR METRO

DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

Capilano University in North Vancouver has a list of new and exciting programs for would-be students to choose from this year.

New classes include North American Business Fundamentals; Bachelor of Communication Studies; Bachelor of Arts in Liberal Studies; and Digital Visual Effects, among others.

The Digital Visual Effects program is a two-year diploma program aimed to teach students how to do 3-D model texturing, compositing, green-screen removal and much, much more.

The North American Business Fundamentals program is nine months of schooling designed to get graduates out the door and running into the business world as fast as possible.

If any of these programs interest you, visit capilanou.ca.

**Kwantlen offers up to $1 million in scholarships**

Kwantlen Polytechnic University annually distributes $1 million in scholarships, including $200,000 to students enrolling for the first time. "Your university education will be one of the most important — and most prudent — investments of your lifetime," the school's website states.

To those who qualify, bursaries and awards range from $250 to $2,250.

To qualify, call 604-599-2000 or email awards@kwantlen.ca to discuss what you may be qualified for and how to apply.

"At Kwantlen Polytechnic University, we understand that you may have questions about the investment costs associated with attaining your post-secondary education. That is why we have devoted significant time and resources to helping you plan for and finance this investment in your future," the school states.

Eligibility does have guidelines. For more, visit kwantlen.bc.ca/awards/awards_guide for more information.

**SFU masters of publishing returns**

Simon Fraser University's masters of publishing program is back once again and remains the only program of its kind in Canada.

This innovative, post-graduate 16-month program offers 21 select candidates the tools to better themselves in the field of publishing.

The program helps students: Build a portfolio in publication design; marketing; technology; cultural policy; management and editorial.

Also, students are constantly visited by guest speakers to not only learn from their experience, but also network with those currently in their desired career.

Upon graduation, students have a full portfolio, contacts and a masters from one of North America's prestigious university's.

To learn more, visit tkbr.ccsp.sfu.ca/education/master-of-publishing/

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# Make the most out of campus life

## Even though some students may face a lengthy commute, it's worth the effort to explore extracurricular activities

Bowen Tang admits that he eventually grew weary of the repetitive offerings on the cafeteria menu in his first year of university, but he truly savoured having his own room and getting to know fellow dorm dwellers.

But after one year living on campus at the University of British Columbia, he felt he couldn't justify the high financial costs of remaining in residence for the long haul.

He was content to pack up and move back with his parents in Burnaby, an hour away from school.

What was once a five-minute walk from residence stretched into a much longer journey to classes beginning in second year.

"It was very hard for me to keep motivating myself to stay in the evenings and do some extracurricular activities," recalled Tang.

"I know that if I'm done at 6 p.m. and start to leave campus it will take me to 7 p.m. (until I'm) at home, and I felt that one hour time was wasted."

He is among the legions of students who will be living at their parents' homes when classes begin in September, facing sometimes lengthy round-trip commutes to attend college or university.

Coupled with the demands of coursework and outside commitments, some may feel squeezed for time to balance it all, much less to stick around campus when classes are wrapped.

Tang decided it was worth the effort. He said those unsure of what extracurricular activities or groups to pursue should tap into their passions, which may help provide the motivation needed to enjoy life beyond lecture halls and labs.

JONATHAN HAYWARD/THE CANADIAN PRESS

▶ Bowen Tang is seen near a bus stop at UBC. Living at home during university: Do students at commuter campuses feel less connected to their schools? Make the most of post-secondary life without the dorm and/or out-of-town experience.

"I understand the difficulty of travelling from campus to home," he said.

"But at the same time ... it's really up to you to take advantage of your on-campus experience by realizing how valuable and how worth it it will be for you."

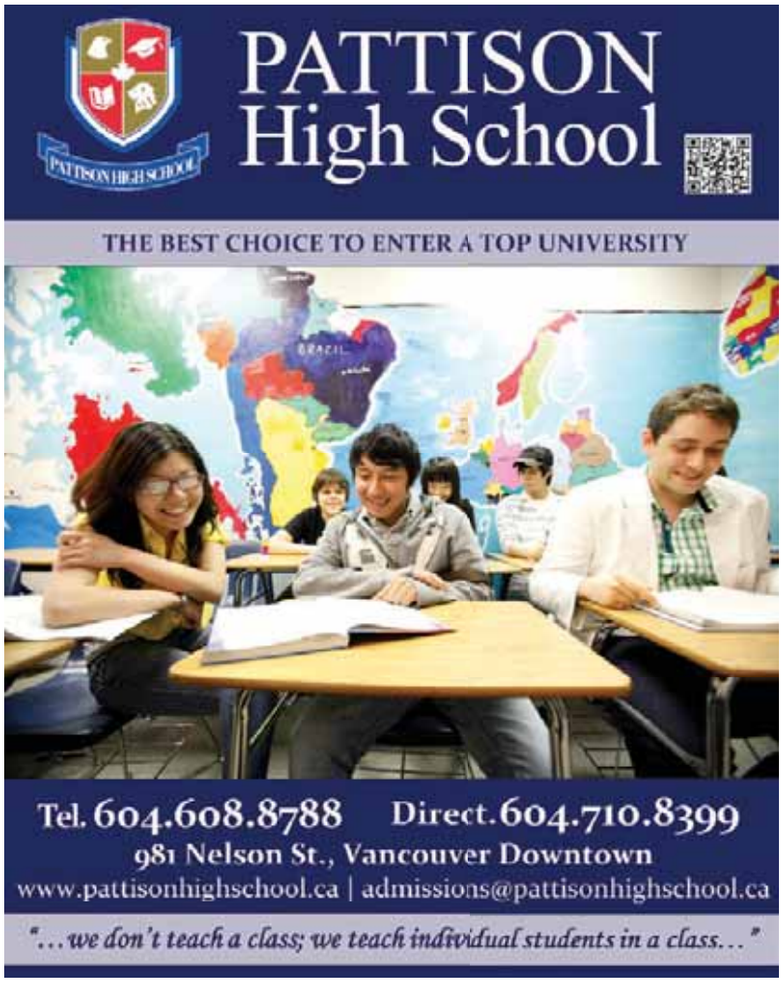
Carli Yim requires approximately three hours for her round-trip commute from Markham, Ont., northeast of Toronto, to attend Ryerson University, where she is heading into her fourth year. The radio and television arts student typically walks 15 minutes to catch a bus, followed by a subway ride to the downtown campus.

Yim always knew she would be commuting, and said part of the reason she remained in town for school was to not have to place a financial burden on her mother, who is a single parent.

Whether shy and reserved or more outgoing, Yim said all students should feel encouraged and open to immersing themselves in new experiences.

Even if individuals don't sign up for a formal group, they may want to head out to a poetry night or athletic game, if even just as a spectator, Yim noted.

THE CANADIAN PRESS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"...we don't teach a class; we teach individual students in a class..."

▶ Ikea's Kassett boxes, the Ikea Dokument letter tray, middle, and Dormco.com's Neoprene Bunk Pocket, top right.

# Big lessons when living in small spaces

**Think about smart storage that maximizes space, yet looks good**
**Be prudent about how much stuff you buy**

When New Yorker Wendy Koch's son Bob headed off to Ithaca College for his first year, the car was loaded with great stuff — too much of it. That the nice Pottery Barn rug barely fit in the car should have been the tip-off.

"We were taking our seventh trip up three flights of stairs to the tiny dorm room in stifling temps when his roommate turned to Bob and said, 'You could probably make a lot of money selling all this stuff on eBay," Koch recalls. "There just wasn't room in the room."

Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy. Rooms often seem smaller than the floor plans indicate. That spacious-looking common room? More like a foyer. And as one veteran of the dorm wars notes, you will never again have the closet space you did at home.

So think about smart storage that maximizes space yet looks good.

Unless you are able to repurpose them as tables, suitcases may not be the best option; they might not fit under the bed or in the closet. Collapsible, storable bags work great. Samsonite's sturdy nylon Tote-a-Ton bag has 105,729 cubic centimetres of space. Dormco.com has the Clothes & Go system, which lets you take hanging clothes right out of the closet into foldable bags with a shoulder strap — at the dorm, just rehang.

Bed, Bath & Beyond has a ventilated, clear vinyl six-shelf sweater rack that hangs on a rod — easy to see what's in it. Some online shoppers have raved

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JAMES WOODSON/DIGITAL VISION/THINKSTOCK

▶ Making the shopping list for the first college or university living experience is exciting, but pros say to be prudent about how much stuff you buy.

about the retailer's Dorm Space Saver, which assembles with no tools and, being the same width as the bed, serves as an extra headboard or footboard with shelves.

Meg Volk, who graduated this spring from the Fashion Institute of Technology and has traded a tiny dorm room for an equally tiny studio apartment in New York City, recommends "small, lightweight, wheeled dress racks that will fit in your closet" for added hang space. If you do need to come with suitcases, she suggests, use them for out-of-season storage and last semester's papers.

Dorm gear is often grouped by classic gender colours and patterns — pinks, purples, baroque and animal prints for females, and surfer, sports, blues and browns for guys. It's better to choose neutral bedding that you won't tire of, and put the pattern and colour punch in posters and memorabilia collected during the school year.

▶ From Home Sense, the cityscape pillow, top, and a crocheted pillow. Top right, Bed, Bath & Beyond's clear vinyl 6-shelf sweater rack with ventilated cover. Right, Samsonite Tote-a-Ton bag.

Ikea's Dokument series of functional mesh metal desk accessories might appeal to girls or guys. Its Kassett boxes are cheap and sturdy storage options for papers; choose from an array of colours including white, black and orange. The Oleby lamp is a good-looking task light. And Ikea's giant plastic shopping bags make great dirty clothes totes, for the laundromat or for the bus ride home to free cleaning.

Dormco's Bunk Pocket is a convenient neoprene catchall for electronics that slips over a bedpost.

Kenyon College junior Trevor Ezell, who recently returned from a semester studying in England and travelling around Europe, says a duffel bag was brilliant for studying abroad.

"They can be expanded to hold lots of stuff, yet collapsed to store away easily," he says. What not to pack for long-distance study?

"Anything other than clothes," advises Ezell.

"Students studying abroad run the risk of bringing things that might prevent them from absorbing local culture. If you bring a basketball, you might not throw a rugby ball. Bring one overcoat, not several. And one dress-up outfit." Good advice, even for students not headed to foreign lands.

Both Bed, Bath & Beyond and Wal-Mart offer services that let you shop online and pick up the items in or near the college town.

If your child is flying or your car is small, it's a great option.

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COURTESY GRETA PODLESKI

**Miss American Thigh**
These gooey, saucy, baked chicken thighs are a favourite.

**Ingredients:**
- ⅔ cup grape jelly
- ½ cup ketchup
- ⅓ cup minced onions
- 2 tbsp white vinegar
- 1 tsp dry mustard powder
- 12 bone-in chicken thighs, skin removed (about 3 lbs/1.4 kg)

**Preparation:**

1 In a small saucepan, stir together grape jelly, ketchup, onions, vinegar and mustard powder. Cook over medium-high heat until mixture comes to a boil and jelly is melted. Remove from heat.

2 Arrange chicken pieces in a 13x9-inch baking dish. Pour sauce evenly over chicken and turn pieces to coat both sides. Bake at 400 F for about 40 minutes, until chicken is very tender. Serve hot.
Makes 6 servings

# ‘Frosh 15’ syndrome can be a weighty issue

JON TATTRIE
FOR METRO

University and college students gain a great deal of freedom in their first year — and some also gain a great deal of weight. The famous “Frosh 15” is a familiar foe and can be avoided with a little effort.

Greta Podleski, who, with her sister Janet, is the food lover behind the Eat, Shrink and Be Merry TV series and book, says the problem is most 18- and 19-year-olds simply don’t know how to cook.

“Or they believe that putting Kraft Easy Mac in the microwave is cooking,” she jokes. “Eating healthfully when you have no idea how to cook is a challenge.”

Price shock when you start paying for your own groceries can also make “cheap” meals at fast food restaurants seem more affordable. “I’m sure the extra partying and drinking might have something to do with the weight gain, too,” she teases.

Podleski advises learning how to cook five basic meals before you leave home.

“They don’t have to be gourmet, but I’m not talking about spreading peanut butter on toast, either.”

For example, instead of ordering pizza, buy a whole-grain pre-made pizza crust and add your own toppings: Chicken, sliced mushrooms, peppers, tomatoes — whatever you fancy. Use partly skimmed cheese and a jar of pizza or pasta sauce and you have an easy health upgrade from delivered or frozen pizza.

A pasta meal can be just noodles and bottled sauce, but you can improve it by adding lean ground beef, chicken or meat substitute, along with chopped vegetables. “Look for the high-fibre white pastas if you can’t handle whole grain,” she says.

For breakfast, buy some whey protein powder and a blender to make breakfast smoothies. Add some frozen fruit and water and you are good to go.

“To add some good fats, throw in a tablespoon of ground flax or chia seed,” she says.

**THE PODLESKIS’ NEW COOKBOOK, THE LOONEYSPOONS COLLECTION, WILL BE RELEASED THIS FALL. COPIES CAN BE PRE-ORDERED AT INDIGO.CA.**

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## Smackaroni and Cheese

COURTESY GRETA PODLESKI

### Ingredients:

- 1 tbsp butter
- ⅔ cup minced onions
- 4 oz (113 g) turkey bacon, chopped (about 7 slices)
- 1 cup finely chopped shiitake mushrooms
- ½ cup frozen sweet green peas
- 1 can (14 oz/380 mL) 2% evaporated milk
- 2 tbsp all-purpose flour
- ½ tsp dry mustard powder
- 1 cup packed shredded light old (sharp) cheddar cheese (4 oz/120 g)
- 1 cup packed shredded 4-cheese blend (4 oz/120 g; see tip)
- Freshly ground black pepper
- 2 cups uncooked whole wheat macaroni

### Preparation:

**1** You will need a deep, 10-inch, oven-safe non-stick skillet. Melt butter in skillet over medium-low heat. Add onions and chopped bacon. Cook slowly, stirring often, until bacon is lightly browned and onions are golden. This will take a good 10 minutes. (You may want to get the macaroni cooking at this time.)

**2** Add mushrooms to skillet and cook until tender. Stir in peas until heated through.

**3** Preheat broiler. In a large measuring cup or medium bowl, whisk together evaporated milk, flour and dry mustard. Add to bacon and veggies in skillet. Cook and stir until sauce is bubbly and has thickened.

**4** Remove from heat and stir in three-quarters of the cheddar and three-quarters of the 4-cheese blend. Stir until cheeses are melted. Add pepper. Add well-drained macaroni and mix until well-coated with sauce. Sprinkle remaining cheddar and remaining 4-cheese blend over top. Place skillet under broiler until cheeses are melted and lightly browned. Makes 6 servings

**Recipe Tip:** The cheese-blend we prefer is a combination of provolone, asiago, parmesan and fontina cheese. It's sold in a plastic tub where the specialty cheeses are found at your grocery store.

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| **Career Planning and Job Search Courses**<br>Tuesday, Sept. 6, noon – room 236<br>Thursday, Sept. 8, 5:30 p.m. – room 236<br>Monday, Sept. 12, noon – room 236 | <br>Downtown<br>Downtown<br>Downtown |
| **TESOL Programs**<br>Tuesday, Sept. 6 & 13, noon – room 526 | Downtown |
| **English as a Second Language**<br>Wednesday, Sept. 7, 10 a.m. – room 5025 | Broadway |
| **Gemmology**<br>Wednesday, Sept. 7, 6:30 p.m. – room 164 | Downtown |
| **Office Administration Certificate**<br>Thursday, Sept. 8, 5:30 p.m. – room 240 | Downtown |
| **ESL Homefront Learning**<br>Thursday, Sept. 8, 6:45 p.m. – room 3709 | Broadway |
| **Business and Technical Writing**<br>Monday, Sept. 12, 5:30 p.m. – room 218B | Downtown |
| **MasterValuer Appraisal Program**<br>Monday, Sept. 12, 6:30 p.m. – room 164 | Downtown |

**Downtown campus** is located at 200-block Dunsmuir at Hamilton, two blocks west of Stadium SkyTrain station.

**Broadway campus** is located at 1155 East Broadway, one block west of Clark Drive and across from VCC/Clark SkyTrain station.

Visit **www.vcc.ca** or call **604.443.8453**.

View all VCC Info sessions and tours

vcc.ca

Vancouver Community College

ISTOCKPHOTO/THINKSTOCK

# Budget basics

**Differentiate between needs and wants  Look at ways to cut expenses**

RICHARD WOODBURY
FOR METRO

Be wary of the plastic.

And by plastic, we mean credit cards.

"Oftentimes, those $1,000 credit cards are what end up hurting down the road," says Marla Douglas, a financial aid and awards officer at Saint Mary's University in Halifax.

With many credit card companies setting up booths at universities and colleges to offer students credit cards, students must realize that how they use credit cards affects their credit rating, which will impact everything from their ability to buy a car or home down the road.

With high annual interest rates of approximately 20 per cent, if students don't stay on top of their credit card payments, the debt amounts can add up pretty quickly.

For most university students, budgeting their finances can be tricky, especially establishing the difference between needs and wants.

Needs are essentials, such as food, shelter, clothing and tuition. Wants are the extras, like trips to the bar or a big-screen TV.

If students are having a hard time sticking to their budget, they should look at ways they can cut back on expenses, such as by having roommates.

"That's a great way to save money," says Peter Wilson, the associate director of scholarships and bursaries at York University in Toronto.

Not only will students be able to split the cost of rent, they can also share the cost for utilities and things like Internet or cable service.

Other ways of cutting expenses include not buying brand name foods at the grocery store, taking public transit (rather than driving) and simplifying one's cellphone plan.

For students who require student loans, it's a good idea that once their tuition is paid, they take any leftover money and put it into a separate bank account from their day-to-day one. This should also help prevent students from using that money to buy unnecessary things.

## Focus on fine print

To improve the odds of receiving a scholarship, students should always read the requirements of each specific one.

"It really does pay off if they read the fine print," says Peter Wilson, the associate director of scholarships and bursaries at York University in Toronto.

A few years back at the university, there were two $45,000 scholarships up for grabs and of the university's 55,000 students, only 200 applied. Of those 200, only 10 provided the necessary documentation to be eligible for the scholarship.

RICHARD WOODBURY

# Don't fall into same trap as other students

Some don'ts of post-secondary life:

**1 "Don't cram"** — All students do it, but Eyobe Melketsadik, a psychology major at Grant MacEwan University in Edmonton, cautions against it. "Maybe you'll pass the test, but you aren't actually learning anything," he says. Study frequently and it won't necessitate cramming.

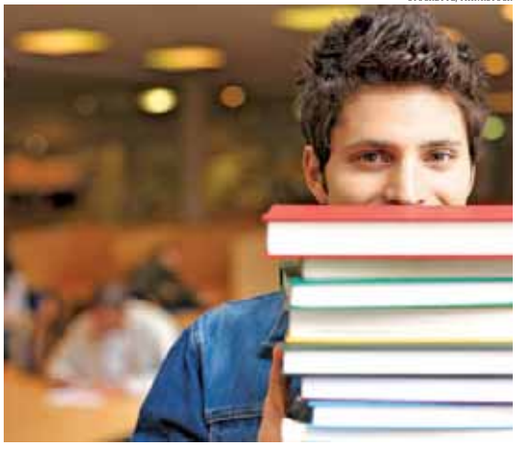
**2 "Don't spend your student loan in one day"** — A student loan might seem like a financial windfall, but it's meant to last a while, so it's crucial that students budget their money appropriately. If students are unsure of where to start or need some help, most post-secondary institutions have support people to help you with that kind of thing, says Lori Foran, student life co-ordinator at the Nova Scotia Community College.

**3 "Don't forget to reach out if you're struggling"** — Foran says there are many available resources in place at post-secondary institutions to allow students to connect with people whose jobs are simply to help students so they can be successful, such as providing budgeting or counselling services.

**4 "Don't forget to edit your own work"** — Kaylene McTavish, a third-year public relations student at Mount Royal University in Calgary, recommends editing assignments at least three times before submitting them. She also advises against editing at 3 a.m. and assuming that Microsoft Word will catch your mistakes for you.

**5 "Don't depend on other people for notes"** — Other people's notes don't usually make sense, says Bre Milne, a fourth-year English student at St. Mary's University College in Calgary. Plus, shouldn't one be at the class to take notes for themselves?

STOCKBYTE/THINKSTOCK



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# Getting back in the groove

## Find a routine for the school year Budget time, money accordingly

JON TATTRIE
FOR METRO

ISTOCKPHOTO/THINKSTOCK

Getting back into a college or university routine can be tough whether you are coming back from the summer break or returning to education for the first time in years.

Jason Hunter, dean of students at Toronto's Humber College, says the first step should be going to orientation week, a.k.a. Frosh Week.

"People have a perception that orientation is a week of fun and partying, but, in reality, the orientation programs are intended to provide every student with an orientation to the campus and the resources available," he says. "It connects students to each other and to faculty."

If you skip orientation week and try to orient yourself later, you will find it much harder and will miss lots of stuff.

"You should recognize all of the resources that are available to you at any college or university. You've effectively already paid for them through your tuition — take advantage of them," Hunter says.

When it comes to budgeting time and money, think not just for the first week, but the whole year.

"They may have all that (funding) up front and the temptation (to blow it)," Hunter says.

Instead, divide the money by eight months and stick to that budget.

If your classes have regular tests, you might not have to worry about time management, but if it's slanted to end-of-year work, you need to budget your time so you stay on track from the start. Your school may have programs to improve your budgeting skills.

Rachel Bouska of Alberta's Department of Advanced Education and Technology says going back to school can be especially disorienting if you are an adult returning after a gap of years, perhaps since high school.

Bouska says a lot of back-to-school stress is caused by finances, so students should explore what help is available.

There are plenty of academic and athletic scholarships and bursaries for students, and some go unclaimed.

Check with your provincial government and post-secondary institution to see what financial help you qualify for. "There are always supports in place," she says. "A post-secondary education is one of the best investments someone could make."

### Investment

**Post-secondary education** can cost a lot up front, but experts say it is an investment that will amortize over many years. According to the Ontario Ministry of Training, Colleges and Universities, post-secondary graduates earn $1 million more over their lifetime than those without degrees or diplomas. It says the unemployment rate for post-secondary graduates is seven per cent. For high school graduates, it's nine per cent; among high school dropouts, it's 15 per cent.

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# Drawing your blueprint

## How to set realistic goals for yourself

GREG OVERHOLT
TALENTEGG.CA

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▶ Take a few minutes to think about what matters to you and paint a realistic picture for what you want to do, create, work on, and improve in your life.

A quick Google search for "goal setting" will provide you with a plethora of results from management gurus who talk about the five elements of effective goal setting.

They recommend having a one-year, five-year, and 10-year rolling plan and to set checkpoints as to when you need to evaluate your relative success or failure.

I'm sorry — that just doesn't sound very enjoyable or realistic, so I probably won't do it.

But I have some food for thought: Over the past 10 years, I have tried textbook goal setting, failed miserably, and since, have worked on a more realistic system that you may find useful (and something that actually works for my real life).

What's the deal: Setting goals solely about the three Cs (course grads, cash, career) is not fun and probably conflicts with what you want YOUR life to be about.

So take a few minutes to actually think about what the things are that matter to you and paint a realistic picture for what you want to do, create, work on, and improve in all aspects of your life for the next eight months to a year.

The key is making it realistic for your life. Not just the three Cs, but add some Fs in there (fun, family, friends, and fitness) or whatever else is important to you.

Think about all the aspects of your life and write down your goals on a Google doc, a Post-it note, or cocktail napkin, ensuring you have it somewhere accessible that you can look at as often as you like (ideally once every two to four months).

Examples:

▶ Volunteer with an organization this year that will provide pertinent experiences to better prepare me for medical school applications next year.

▶ Hit a 9.5 GPA in my courses this year (since I have heard that CA firms want to see marks at least as high as 9.0).

▶ Continue meeting new people, but by the end of the year solidify a great friendship with my top four closest friends by making sure I am taking effort to connect with them throughout the year.

▶ On average, take one night a week to have some serious fun.

▶ Spend less than $100 per week in food, partying, and personal expenses.

Make sure your list is realistically representative of all facets of your life and not just the super serious ones — I guarantee you won't reflect on this if its purpose is simply to think about saving, studying, and building your resumé or network.

Take the time. Think about what you want to reflect back on 12 months from now.

*— Greg Overholt is the founder and executive director of the national student-led charitable social venture SOS: Students Offering Support.*

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## Williams, Djokovic move on, Fish out

Serena Williams fought off the wind, along with brief flurries of effectiveness from her opponent, to advance to the quarter-finals of the U.S. Open yesterday with a 6-3, 6-4 victory over Ana Ivanovic.

Williams closed out the match with four straight serves that Ivanovic couldn't get back — clocked at between 99 and 111 mph in a blustery Arthur Ashe Stadium that had both players fighting with their tosses and topspin all day.

"I didn't even go for winners at any point," said Williams, who hit only 16. "I just tried to get it over because it was so windy. It was definitely tough."

Seeded only 28th after missing big chunks of the last two years with injuries to her foot, Williams nonetheless improved to 16-0 this year on hardcourt

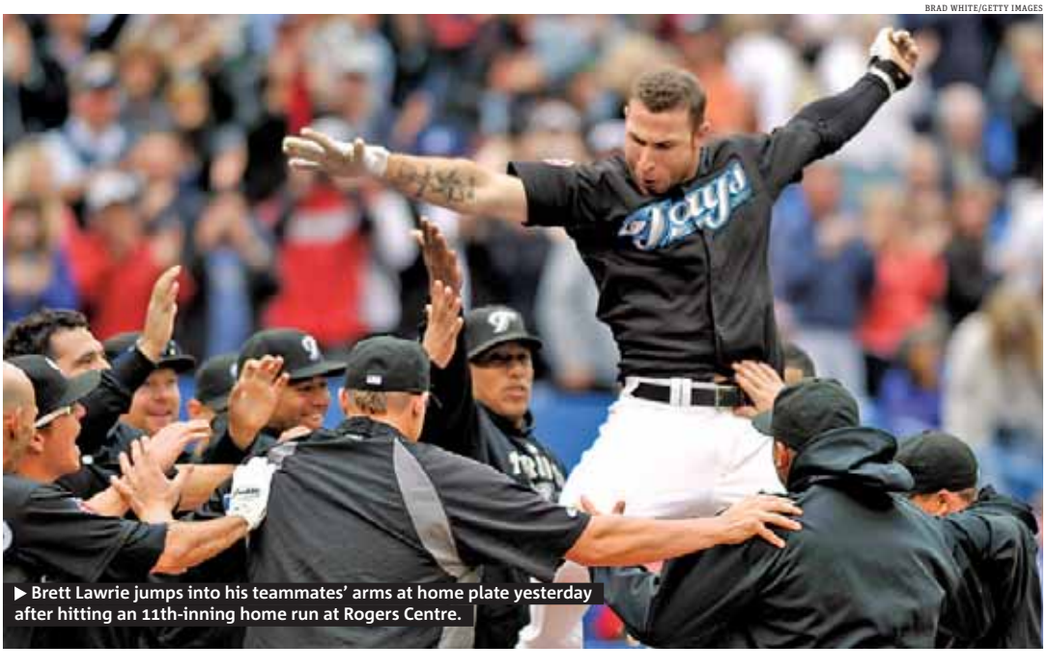
The top player on the men's side, Novak Djokovic, opened his fourth-round match with a thrilling 16-14 first-set tiebreaker win over No. 22 Alexandr Dolgopolov. Things got easier from there in a 7-6 (14), 6-4, 6-2 victory.

"This is one of the longest tiebreaks I ever played," Djokovic said. "It was certainly exciting to be part of it. But, you know, I knew that I needed to win that set."

The highest-ranked American, eighth-seeded Mardy Fish, lost to 11th-seeded Jo-Wilfried Tsonga 6-4, 6-7 (5), 3-6, 6-4, 6-2.

THE ASSOCIATED PRESS

BRAD WHITE/GETTY IMAGES



▶ Brett Lawrie jumps into his teammates' arms at home plate yesterday after hitting an 11th-inning home run at Rogers Centre.

# The Canuck is clutch

### 'This has been a re-occurring theme here,' Farrell says after Lawrie homer

Brett Lawrie continues to perform when the Toronto Blue Jays need him most.

The 21-year-old from Langley hit a two-out home run in the bottom of the 11th inning yesterday as Toronto (70-71) edged the Boston Red Sox (84-56) 1-0.

Lawrie blasted a 1-1 fastball from Dan Wheeler (2-2) into the seats in left-centre for the walk-off win.

"I don't really feel any pressure," Lawrie said.

"I think it's just another at-bat. If you go up there thinking there's pressure, you apply that on yourself, you're not going to have a good at-bat.

"You try to do your best for the team and try to get a pitch you can handle and try to do some damage."

| BLUE JAYS | RED SOX |
|---|---|
| 1 | 0 |

The rookie third baseman has now gone deep eight times since being promoted from triple-A Las Vegas and making his major-league debut on Aug. 5 in Baltimore.

"He's a tremendous athlete," said Jays manager John Farrell, who returned yesterday after missing 10 games with pneumonia. "He doesn't get caught up in the moment as far as what happened previously. ... He's about what can I do in this particular instance, in this pitch, this play defensively, offensively. And we've seen it not just today. This has been a re-occurring theme here."

The home run made a winner of Shawn Camp (3-3) and ended a three-game losing streak for Toronto.

Lawrie's heroics took some attention away from another 21-year-old, right-hander Henderson Alvarez, who pitched six scoreless innings in a no decision.

Alvarez extended his runless string to 14 innings after holding the Red Sox to four hits and lowered his earned-run average to 2.95. He pitched eight shutout innings for his first major-league victory in his previous outing in Baltimore

"He had tremendous movement, just natural movement," Red Sox manager Terry Francona said. "The ball was diving all over the place."

Boston starter Josh Beckett was matching Alvarez pitch-for-pitch at the beginning of the game but had to leave with two out in the fourth with a sprained ankle.

THE CANADIAN PRESS

4 sports

**Quoted**

**"I was dreaming of that before. I was always telling myself before, 'One day, I'm going to be that guy.'"**

NEW YORK YANKEES ROOKIE JESUS MONTERO, WHO HIT HIS FIRST TWO MAJOR-LEAGUE HOME RUNS YESTERDAY AGAINST BALTIMORE. FOUR GAMES INTO HIS BIG-LEAGUE CAREER, THE 21-YEAR-OLD CATCHING PROSPECT IS BATTING .385 (5 FOR 13) WITH FIVE RUNS AND THREE RBIS.

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# MAJOR LEAGUE BASEBALL

## AMERICAN LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| New York | 86 | 53 | .619 | — |
| Boston | 84 | 56 | .600 | 2½ |
| Tampa Bay | 77 | 63 | .550 | 9½ |
| Toronto | 70 | 71 | .496 | 17 |
| Baltimore | 55 | 84 | .396 | 31 |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Detroit | 79 | 62 | .560 | — |
| Cleveland | 70 | 68 | .507 | 7½ |
| Chicago | 70 | 69 | .504 | 8 |
| Kansas City | 59 | 83 | .415 | 20½ |
| Minnesota | 58 | 83 | .411 | 21 |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Texas | 80 | 62 | .563 | — |
| Los Angeles | 77 | 64 | .546 | 2½ |
| Oakland | 64 | 77 | .454 | 15½ |
| Seattle | 58 | 82 | .414 | 21 |

**Yesterday's results**
Toronto 1 Boston 0 (11 innings)
Chicago White Sox 2 Minnesota 1 (1st game)
Detroit 4 Cleveland 2
Kansas City 11 Oakland 6
N.Y. Yankees 11 Baltimore 10
Tampa Bay 5 Texas 1
Chicago White Sox 4, Minnesota 0, 2nd game
L.A. Angels 7, Seattle 3
**Sunday Results**
N.Y. Yankees 9 Toronto 3
Cleveland 9 Kansas City 6
Detroit 18 Chicago White Sox 2
L.A. Angels 4 Minnesota 1
Oakland 8 Seattle 5
Tampa Bay 8 Baltimore 1
Texas 11 Boston 4
**Saturday Results**
N.Y. Yankees 6 Toronto 4
Boston 12 Texas 7
Detroit 9 Chicago White Sox 8
Kansas City 5 Cleveland 1
L.A. Angels 10 Minnesota 6
Oakland 3 Seattle 0
Tampa Bay 6 Baltimore 3
**Tonight's games**
Baltimore (Tom.Hunter 3-2) at N.Y. Yankees (P.Hughes 4-5), 7:05 p.m.
Detroit (Porcello 12-8) at Cleveland (Carmona 6-13), 7:05 p.m.
Boston (Lester 14-6) at Toronto (L.Perez 3-2), 7:07 p.m.
Texas (C.Wilson 14-6) at Tampa Bay (Niemann 9-6), 7:10 p.m.
Chicago White Sox (Peavy 6-7) at Minnesota (Hendriks 0-0), 8:10 p.m.
Kansas City (Duffy 3-8) at Oakland (G.Gonzalez 12-11), 10:05 p.m.
Seattle (F.Hernandez 13-11) at L.A. Angels (E.Santana 11-9), 10:05 p.m.
**Tomorrow's games**
Detroit at Cleveland, 12:05 p.m.
Baltimore at N.Y. Yankees, 1:05 p.m.
Texas at Tampa Bay, 1:10 p.m.
Kansas City at Oakland, 3:35 p.m.
Boston at Toronto, 7:07 p.m.
Chicago White Sox at Minnesota, 8:10 p.m.
Seattle at L.A. Angels, 10:05 p.m.

## NATIONAL LEAGUE

### EAST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Philadelphia | 89 | 48 | .650 | — |
| Atlanta | 82 | 58 | .586 | 8½ |
| New York | 68 | 71 | .489 | 22 |
| Washington | 65 | 74 | .468 | 25 |
| Florida | 63 | 77 | .450 | 27½ |

### CENTRAL DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Milwaukee | 85 | 57 | .599 | — |
| St. Louis | 74 | 67 | .525 | 10½ |
| Cincinnati | 69 | 72 | .489 | 15½ |
| Pittsburgh | 65 | 76 | .461 | 19½ |
| Chicago | 61 | 80 | .433 | 23½ |
| Houston | 47 | 94 | .333 | 37½ |

### WEST DIVISION

| | W | L | Pct | GB |
|---|---|---|---|---|
| Arizona | 81 | 60 | .574 | — |
| San Francisco | 74 | 67 | .525 | 7 |
| Los Angeles | 68 | 72 | .486 | 12½ |
| Colorado | 66 | 75 | .468 | 15 |
| San Diego | 61 | 80 | .433 | 20 |

**Yesterday's results**
Arizona 10 Colorado 7
Chicago Cubs 4 Cincinnati 3
Milwaukee 4 St. Louis 1
Pittsburgh 3 Houston 1
San Francisco 7 San Diego 2
Washington 7 L.A. Dodgers 2
Philadelphia 9 Atlanta 0
Florida 9 N.Y. Mets 3
**Sunday Results**
Arizona 4 San Francisco 1
Atlanta 4 L.A. Dodgers 3
Chicago Cubs 6 Pittsburgh 3
Cincinnati 3 St. Louis 2 (10 innings)
Florida 5 Philadelphia 4 (14 innings)
Milwaukee 4 Houston 0
N.Y. Mets 6 Washington 3
San Diego 7 Colorado 2
**Saturday Results**
Arizona 7 San Francisco 2
Colorado 5 San Diego 4
Florida 8 Philadelphia 4
L.A. Dodgers 2 Atlanta 1 (10 innings)
Milwaukee 8 Houston 2
Pittsburgh 7 Chicago Cubs 5
St. Louis 6 Cincinnati 4
Washington 8 N.Y. Mets 7
**Tonight's games**
Atlanta (T.Hudson 14-8) at Philadelphia (Worley 10-1), 7:05 p.m.
Houston (Myers 3-13) at Pittsburgh (Lincoln 1-1), 7:05 p.m.
L.A. Dodgers (Lilly 9-13) at Washington (Strasburg 0-0), 7:05 p.m.
N.Y. Mets (Batista 4-2) at Florida (Volstad 5-12), 7:10 p.m.
Cincinnati (Leake 11-9) at Chicago Cubs (R.Lopez 4-6), 8:05 p.m.
Milwaukee (Gallardo 15-9) at St. Louis (Lohse 12-8), 8:15 p.m.
Arizona (Collmenter 9-8) at Colorado (Hammel 7-13), 8:40 p.m.
San Francisco (Surkamp 0-0) at San Diego (LeBlanc 2-4), 10:05 p.m.
**Tomorrow's games**
N.Y. Mets at Florida, 5:10 p.m.
San Francisco at San Diego, 6:35 p.m.
Atlanta at Philadelphia, 7:05 p.m.
Houston at Pittsburgh, 7:05 p.m.
L.A. Dodgers at Washington, 7:05 p.m.
Cincinnati at Chicago Cubs, 8:05 p.m.
Milwaukee at St. Louis, 8:15 p.m.
Arizona at Colorado, 8:40 p.m.

## BLUE JAYS 1, RED SOX 0 (11 INN.)

| Boston | ab | r | h | bi | Toronto | ab | r | h | bi |
|---|---|---|---|---|---|---|---|---|---|
| Ellsury cf | 5 | 0 | 1 | 0 | McCoy ss | 3 | 0 | 1 | 0 |
| Pedroia 2b | 5 | 0 | 0 | 0 | Teahen ph | 0 | 0 | 0 | 0 |
| AdGnzl 1b | 4 | 0 | 1 | 0 | Arencii c | 0 | 0 | 0 | 0 |
| Aviles pr-3b | 0 | 0 | 0 | 0 | EThms lf | 4 | 0 | 0 | 0 |
| D.Ortiz dh | 4 | 0 | 1 | 0 | Bautist rf | 4 | 0 | 0 | 0 |
| Youkils 3b-1b | 4 | 0 | 0 | 0 | Lind 1b | 4 | 0 | 1 | 0 |
| Crwfrd lf | 4 | 0 | 0 | 0 | Encrnc dh | 5 | 0 | 1 | 0 |
| Reddck rf | 5 | 0 | 2 | 0 | KJhnsn 2b | 5 | 0 | 1 | 0 |
| Varitek c | 4 | 0 | 0 | 0 | Lawrie 3b | 3 | 1 | 1 | 1 |
| Scutaro ss | 4 | 0 | 2 | 0 | JMolin c | 4 | 0 | 1 | 0 |
| Wdwrd pr-ss | 0 | 0 | 0 | 0 | | | | | |
| Wise cf | 4 | 0 | 0 | 0 | | | | | |
| **Totals** | **39** | **0** | **7** | **0** | **Totals** | | **36** | **1** | **6** | **1** |

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| **Boston** | 000 | 000 | 000 | **00—0** |
| **Toronto** | 000 | 000 | 000 | **01—1** |

Two outs when winning run scored.
E—Papelbon (1). DP—Boston 2, Toronto 1. LOB—Boston 10, Toronto 10. 2B—Ellsbury (37), Ad.Gonzalez (41), Reddick (15), Scutaro (15). HR—Lawrie (8). SB—McCoy 2 (9), Encarnacion 2 (7), Lawrie (5).

| **Boston** | IP | H | R | ER | BB | SO |
|---|---|---|---|---|---|---|
| Beckett | 3 2-3 | 3 | 0 | 0 | 1 | 6 |
| Aceves | 3 2-3 | 1 | 0 | 0 | 3 | 4 |
| D.Bard | 1 2-3 | 0 | 0 | 0 | 0 | 2 |
| Papelbon | 1 | 1 | 0 | 0 | 2 | 3 |
| Wheeler L,2-2 | 2-3 | 1 | 1 | 1 | 0 | 0 |
| **Toronto** | | | | | | |
| H.Alvarez | 6 | 4 | 0 | 0 | 1 | 4 |
| C.Villanueva | 1 | 1 | 0 | 0 | 1 | 0 |
| Janssen | 1 | 1 | 0 | 0 | 1 | 2 |
| F.Francisco | 2 | 1 | 0 | 0 | 1 | 2 |
| Camp W,3-3 | 1 | 0 | 0 | 0 | 0 | 1 |

T—3:51. A—27,573 (49,260).

# HOCKEY

## IIHF WOMEN'S 12 NATIONS

### ROUND ROBIN

**GROUP A**

| | GP | WOT | WOL | T | L | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| U.S. | 6 | 6 | 0 | 0 | 0 | 48 | 1 | 18 |
| Sweden | 6 | 5 | 0 | 0 | 1 | 26 | 14 | 15 |
| Canada | 6 | 4 | 0 | 0 | 2 | 48 | 13 | 12 |
| Finland | 6 | 4 | 0 | 0 | 2 | 25 | 10 | 12 |

**GROUP B**

| | GP | WOT | WOL | T | L | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Slovakia | 4 | 1 | 0 | 0 | 3 | 5 | 17 | 3 |
| Russia | 4 | 0 | 0 | 0 | 4 | 5 | 32 | 0 |
| Japan | 4 | 0 | 0 | 0 | 4 | 2 | 32 | 0 |
| Switzerland | 4 | 0 | 0 | 0 | 4 | 3 | 43 | 0 |

Group C

| | GP | WOT | WOL | T | L | GF | GA | Pt |
|---|---|---|---|---|---|---|---|---|
| Germany | 3 | 3 | 0 | 0 | 0 | 10 | 5 | 9 |
| Norway | 3 | 2 | 0 | 1 | 0 | 14 | 8 | 7 |
| Czech Republic | 3 | 1 | 0 | 0 | 2 | 6 | 10 | 3 |
| France | 3 | 0 | 0 | 0 | 3 | 3 | 10 | 0 |

Note: Three points awarded for a win in regulation, two for an overtime win and one for losing in overtime.
**Saturday Result**
**At Vierumaki, Finland**
Finland 4 Sweden 2
**Friday Result**
**At Vierumaki, Finland**
Sweden 3 Finland 1
**END OF TOURNAMENT**

# TENNIS

## U.S. OPEN

**At New York**
**MEN**
**Singles**
**Fourth Round**
Novak Djokovic (1), Serbia, def. Alexandr Dolgopolov (22), Ukraine, 7-6 (14), 6-4, 6-2.
Jo-Wilfried Tsonga (11), France, def. Mardy Fish (8), U.S., 6-4, 6-7 (5), 3-6, 6-4, 6-2.
Janko Tipsarevic (20), Serbia, def. Juan Carlos Ferrero, Spain, 7-5, 6-7 (3), 7-5, 6-2.
**Doubles**
**Third Round**
Mahesh Bhupathi and Leander Paes (4), India, def. Somdev Devvarman, India, and Treat Conrad Huey, Philippines, 6-4, 7-5.
Mariusz Fyrstenberg and Marcin Matkowski (6), Poland, def. Jamie Delgado and Jonathan Marray, Britain, 6-7 (5), 6-2, 6-3.
Jurgen Melzer, Austria, and Philipp Petzschner (9), Germany, def. Sergiy Stakhovsky, Ukraine, and Mikhail Youzhny, Russia, 7-6 (3), 6-3.
**WOMEN**
**Singles — Fourth Round**
Caroline Wozniacki (1), Denmark, def. Svetlana Kuznetsova (15), Russia, 6-7 (6), 7-5, 6-1.
Anastasia Pavlyuchenkova (17), Russia, def. Francesca Schiavone (7), Italy, 5-7, 6-3, 6-4.
Andrea Petkovic (10), Germany, def. Carla Suarez Navarro, Spain, 6-1, 6-4.
Serena Williams (28), U.S., def. Ana Ivanovic (16), Serbia, 6-3, 6-4.
**Doubles — Third Round**
Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, def. Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, 6-3, 6-1.
Sara Errani and Roberta Vinci (15), Italy, def. Gisela Dulko, Argentina, and Flavia Pennetta (2), Italy, 4-6, 7-5, 6-2.
Vania King, U.S., and Yaroslava Shvedova (3), Kazakhstan, def. Jessica Pegula and Taylor Townsend, U.S., 6-4, 6-2.
Maria Kirilenko and Nadia Petrova (5), Russia, def. Maria Jose Martinez Sanchez and Anabel Medina Garrigues (12), Spain, 6-2, 6-3.
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska, Poland, def. Alla Kudryavtseva and Ekaterina Makarova, Russia, 6-3, 4-6, 6-2.
**MIXED DOUBLES**
**Quarter-finals**
Elena Vesnina, Russia, and Leander Paes (7), India, def. Olga Govortsova, Belarus, and Marcin Matkowski, Poland, 6-2, 6-4.
Gisela Dulko and Eduardo Schwank (8), Argentina, def. Jarmila Gajdosova, Australia, and Bruno Soares, Brazil, 3-6, 6-3, 10-8 (tiebreak).
Lucie Hradecka and Frantisek Cermak, Czech Republic, def. Irina Falconi and Steve Johnson, U.S., 7-5, 7-5.
Melanie Oudin and Jack Sock, U.S., def. Barbora Zahlavova Strycova, Czech Republic, and Philipp Petzschner, Germany, 6-3, 7-6 (3).

# GOLF

## PGA DEUTSCHE BANK CHAMPIONSHIP

**At NORTON, Mass.**
**Par-71**
**Final round**
**(x-won on second hole of playoff)**

| | |
|---|---|
| x-Webb Simpson, $1,440,000 | 69-68-67-65—269 |
| Chez Reavie, $864,000 | 67-68-68-66—269 |
| Jason Day, $416,000 | 67-69-67-68—271 |
| Luke Donald, $416,000 | 66-70-68-67—271 |
| Brandt Snedeker, $416,000 | 69-64-72-66—271 |
| Jim Furyk, $288,000 | 69-69-66-68—272 |
| Bo Van Pelt, $268,000 | 73-68-66-66—273 |
| Hunter Mahan, $240,000 | 68-71-69-66—274 |
| Adam Scott, $240,000 | 69-63-71-71—274 |
| Phil Mickelson, $177,333 | 70-73-63-69—275 |
| Kyle Stanley, $177,333 | 68-71-68-68—275 |
| Blake Adams, $177,333 | 70-67-68-70—275 |
| Jerry Kelly, $177,333 | 66-69-68-72—275 |
| Ryan Moore, $177,333 | 68-68-69-70—275 |
| Brendan Steele, $177,333 | 69-67-67-72—275 |
| Ernie Els, $120,000 | 70-65-71-70—276 |
| Zach Johnson, $120,000 | 68-69-69-70—276 |
| Robert Karlsson, $120,000 | 74-67-64-71—276 |
| Steve Marino, $120,000 | 67-72-68-69—276 |
| Bubba Watson, $120,000 | 68-64-70-74—276 |
| Chad Campbell, $86,400 | 71-67-69-70—277 |
| Lucas Glover, $86,400 | 69-69-69-70—277 |
| Charl Schwartzel, $86,400 | 66-66-72-73—277 |

# BASKETBALL

## FIBA AMERICAS 2012 OLYMPIC QUALIFYING

**At Mar del Plata, Argentina**

### QUARTER-FINAL ROUND

**GROUP A**

| | GP | W | L | Pt |
|---|---|---|---|---|
| x-Dominican Rep. | 4 | 3 | 1 | 7 |
| x-Brazil | 4 | 3 | 1 | 7 |
| x-Venezuela | 4 | 2 | 2 | 6 |
| x-Canada | 4 | 2 | 2 | 6 |
| Cuba | 4 | 0 | 4 | 4 |

**GROUP B**

| | GP | W | L | Pt |
|---|---|---|---|---|
| x-Argentina | 4 | 4 | 0 | 8 |
| x-Puerto Rico | 4 | 3 | 1 | 7 |
| x-Uruguay | 4 | 2 | 2 | 6 |
| x-Panama | 4 | 1 | 3 | 5 |
| Paraguay | 4 | 0 | 4 | 4 |

**Note:** Two points awarded for a win, one for a loss; games against common opponents carried over to quarter-finals.
**Yesterday's results**
Argentina 79 **Canada 53**
Domincan Republic 92 Panama 68
Puerto Rico 94 Venezuela 82
Brazil 93 Uruguay 66
**Today's games**
Puerto Rico vs. **Canada**, 10:30 a.m.
Uruguay vs. Domincan Republic, 1 p.m.
Argentina vs. Venezuela, 5 p.m.
Panama vs. Brazil, 7:30 p.m.
**Tomorrow's games**
**Canada** vs. Uruguay, 10:30 a.m.
Venezuela vs. Panama, 1 p.m.
Brazil vs. Argentina, 5 p.m.
Dominican Republic vs. Puerto Rico, 7:30 p.m.
**Thursday Games**
Panama vs. **Canada**, 10:30 a.m.
Uruguay vs. Venezuela, 1 p.m.
Argentina vs. Domincan Republic, 7:30 p.m.
Puerto Rico vs. Brazil, 7:30 p.m.
**END OF QUARTER-FINAL ROUND**

# SOCCER

## MLS

**EASTERN CONFERENCE**

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Columbus | 26 | 11 | 8 | 7 | 31 | 30 | 40 |
| Kansas City | 27 | 9 | 8 | 10 | 40 | 36 | 37 |
| Houston | 27 | 8 | 8 | 11 | 34 | 33 | 35 |
| Philadelphia | 25 | 8 | 7 | 10 | 31 | 26 | 34 |
| New York | 26 | 6 | 6 | 14 | 41 | 37 | 32 |
| D.C. United | 24 | 7 | 7 | 10 | 34 | 35 | 31 |
| Chicago | 26 | 4 | 7 | 15 | 30 | 33 | 27 |
| Toronto | 28 | 4 | 12 | 12 | 26 | 49 | 24 |
| New England | 26 | 4 | 11 | 11 | 26 | 39 | 23 |

**WESTERN CONFERENCE**

| | GP | W | L | T | GF | GA | Pt |
|---|---|---|---|---|---|---|---|
| Los Angeles | 27 | 14 | 3 | 10 | 39 | 22 | 52 |
| Seattle | 27 | 13 | 5 | 9 | 42 | 29 | 48 |
| Dallas | 27 | 13 | 7 | 7 | 36 | 29 | 46 |
| Real Salt Lake | 25 | 12 | 7 | 6 | 35 | 21 | 42 |
| Colorado | 28 | 10 | 7 | 11 | 39 | 36 | 41 |
| Portland | 26 | 9 | 12 | 5 | 33 | 41 | 32 |
| Chivas USA | 27 | 7 | 10 | 10 | 32 | 30 | 31 |
| San Jose | 26 | 5 | 10 | 11 | 27 | 35 | 26 |
| Vancouver | 26 | 4 | 13 | 9 | 27 | 42 | 21 |

Note: Three points for a win, one for a tie.
**Last night's result**
Los Angeles 2 Kansas City 2
**Tomorrow's game**
New England at Philadelphia, 8 p.m.

# CFL

## WEEK 10

**EAST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Winnipeg | 9 | 7 | 2 | 0 | 219 | 184 | 14 |
| Montreal | 9 | 5 | 4 | 0 | 274 | 238 | 10 |
| Hamilton | 9 | 5 | 4 | 0 | 260 | 227 | 10 |
| Toronto | 9 | 2 | 7 | 0 | 200 | 262 | 4 |

**WEST DIVISION**

| | GP | W | L | T | PF | PA | Pt |
|---|---|---|---|---|---|---|---|
| Calgary | 9 | 6 | 3 | 0 | 239 | 238 | 12 |
| Edmonton | 9 | 6 | 3 | 0 | 209 | 197 | 12 |
| B.C. | 9 | 3 | 6 | 0 | 232 | 219 | 6 |
| Saskatchewan | 9 | 2 | 7 | 0 | 192 | 260 | 4 |

**Yesterday's results**
Edmonton 35 Calgary 7
Hamilton 44 Montreal 21
**Sunday Result**
Saskatchewan 27 Winnipeg 7
**Friday Result**
B.C. 29 Toronto 16
**WEEK 11**
**Friday, Sept. 9**
Calgary at Edmonton, 9 p.m.
**Saturday, Sept. 10**
Toronto at B.C., 4 p.m.
**Sunday, Sept. 11**
Hamilton at Montreal, 1 p.m.
Saskatchewan at Winnipeg, 4 p.m.

# NFL

**Thursday's Games**
New Orleans at Green Bay, 8:30 p.m.
**Sunday's Games**
Atlanta at Chicago, 1 p.m.
Buffalo at Kansas City, 1 p.m.
Indianapolis at Houston, 1 p.m.
Philadelphia at St. Louis, 1 p.m.
Detroit at Tampa Bay, 1 p.m.
Pittsburgh at Baltimore, 1 p.m.
Tennessee at Jacksonville, 1 p.m.
Cincinnati at Cleveland, 1 p.m.
N.Y. Giants at Washington, 4:15 p.m.
Minnesota at San Diego, 4:15 p.m.
Seattle at San Francisco, 4:15 p.m.
Carolina at Arizona, 4:15 p.m.
Dallas at N.Y. Jets, 8:20 p.m.

Score the first goal at Bell Pitch Downtown!

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bell.ca/scorethefirstgoal

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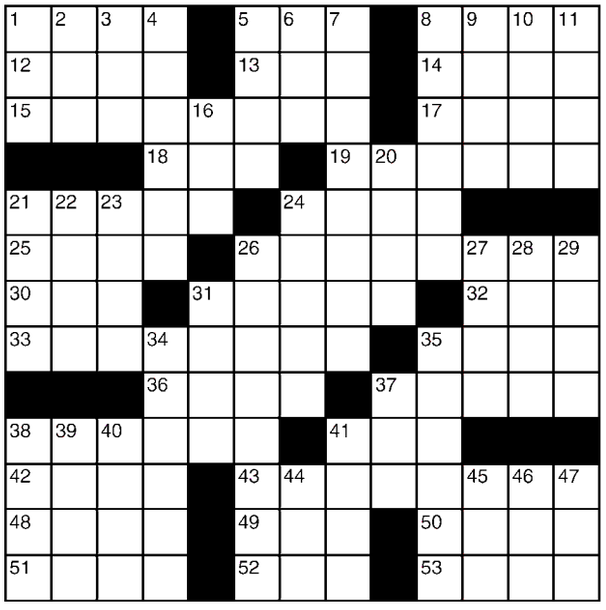
No purchase necessary. Contest ends September 24, 2011. Available to legal residents of Canada (excluding Québec) and must be 10 years of age or older. Odds of winning depend on number of valid entries. Skill-testing question required. For prize details, see full contest rules at bell.ca/scorethefirstgoal.

## Crossword



**Across**

1 "Woe is me!"
5 Snapshot, for short
8 Church section
12 Chore
13 Blonde shade
14 Bucket
15 Anise-flavored liqueur
17 Nursery color, maybe
18 Larry and Curly's cohort
19 Heavy hammer
21 Lights
24 On the briny
25 "Hi, sailor!"
26 Engrossed
30 More (Sp.)
31 Sculptor Oldenburg
32 Regret
33 Not concrete
35 Actress Sorvino
36 Corn peel
37 Energy
38 Yell sharply
41 Chaps
42 Nickel, for one
43 Missing person?
48 Uncontrollable
49 Postal Creed word
50 Davenport's site
51 Wagers
52 Bribe
53 Basin accessory

**Down**

1 — glance
2 Science workshop
3 Fool
4 Meager
5 Cracker spread
6 Somewhat (Suff.)
7 Board and 32 pieces
8 Seem
9 Settled a debt
10 Croon
11 Actress Sommer
16 Ph. bk. data
20 Many summertime births
21 Dalai —
22 Moby Dick's pursuer
23 Rolling stone's lack
24 Unawares
26 Fairbanks folks
27 Naval hoosegow
28 Continental coin
29 Darling
31 Motley —
34 Uses one's gray matter
35 Mickey's girlfriend
37 Flying geese's formation
38 Wound cover
39 Kansas, to Dorothy
40 Urban disturbance
41 Abbr. that may cause sticker shock
44 Ghost's cry
45 AAA job
46 Lamb's mama
47 Listener

▶ Friday's answer

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| L | A | V | | C | A | P | | C | O | L | D | S |
| A | L | I | | O | L | E | | O | A | S | I | S |
| P | I | X | | B | L | E | W | A | F | U | S | E |
| A | B | E | | B | E | V | E | L | | | | |
| Z | I | N | C | | G | E | L | | T | A | R | O |
| | | | H | O | E | | L | A | W | Y | E | R |
| B | A | B | A | R | | | P | I | E | C | E | |
| A | M | A | Z | O | N | | S | E | X | | | |
| R | A | Z | Z | | A | M | I | | T | A | X | I |
| | | | A | D | A | M | S | | T | E | N | |
| B | L | U | E | B | A | Y | O | U | | A | N | D |
| A | I | S | L | E | | O | N | E | | L | I | E |
| A | B | A | F | T | | R | E | D | | L | A | X |

## Sudoku

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 3 | 6 | | 9 | | 5 | |
| 5 | | 1 | 4 | 8 | | 7 | | |
| | 8 | | | | | | 9 | 1 |
| 1 | | | 3 | | 4 | | 7 | 6 |
| | 7 | | | 5 | | | 1 | |
| 2 | 6 | | 1 | | 8 | | | 4 |
| 8 | 1 | | | | | | 4 | |
| | | 5 | | 6 | 1 | 3 | | 7 |
| | 3 | | 2 | | 5 | 1 | | |

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 7 | 6 | 8 | 9 | 1 | 3 | 4 | 2 | 5 |
| 1 | 9 | 5 | 8 | 4 | 2 | 3 | 6 | 7 |
| 2 | 4 | 3 | 6 | 5 | 7 | 1 | 9 | 8 |
| 9 | 5 | 4 | 3 | 8 | 1 | 6 | 7 | 2 |
| 8 | 7 | 2 | 5 | 6 | 4 | 9 | 1 | 3 |
| 6 | 3 | 1 | 2 | 7 | 9 | 8 | 5 | 4 |
| 5 | 8 | 7 | 1 | 3 | 6 | 2 | 4 | 9 |
| 3 | 2 | 6 | 4 | 9 | 5 | 7 | 8 | 1 |
| 4 | 1 | 9 | 7 | 2 | 8 | 5 | 3 | 6 |

## Send a KISS

**You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.**

*Jonathan*
*J<3 I am so proud of you and your new job, but now that you have to get up early every day I miss waking up next to you in the mornings :( so here is a kiss for every morning I'm not with you. I love you baby! xoxo*
**VICTORIA**

*barrett*
*im sending you a kiss that every one can see, alittle better then kissing in public. I love you every much barrett and I'm very happy, the lord has a plan for us*
**YOUR LIFE, CRYSTAL**

*snuggle bunny,*
*baby, the curve of your lips in the moonlight looks like a beautiful rose petal. i miss you everyday you're not with me. the touch of your hand warms up my whole day :) love youuu forever*
**SNUGGLE ELEPHANT**

Today 22°/15° Sunny
Wednesday 24°/16° Sunny
You could win a Dell laptop.
Watch your morning forecast from 5-11am for the rest of the day.
theweathernetwork.com/dell
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## Today's horoscope

*For today's crossword answers and for expanded horoscopes, go to metronews.ca*

**♈ Aries March 21-April 20** Over the next 24 hours, don't burn yourself out. Just focus on what is most important — and do it.

**♉ Taurus April 21-May 21** Don't be put off if someone you meet seems a bit too detached emotionally. You have things in common.

**♊ Gemini May 22-June 21** There are times when you say things to shock those around you. Be ready for the backlash.

**♋ Cancer June 22-July 22** Be honest with loved ones. Let them know what they are doing wrong.

**♌ Leo July 23-Aug.23** You may be trying to deny your feelings, but is it worth the effort? You know it's bad to bottle them up. Express.

**♍ Virgo Aug. 24- Sept. 22** Events may have taken some of the gloss off your achievements over the past few days. You'll shine soon.

**♎ Libra Sept. 23-Oct. 23** Think deeply about your life and where it is headed. Then act.

**♏ Scorpio Oct. 24-Nov. 22** You may not agree with what certain people are up to but it is not your place to question their actions.

**♐ Sagittarius Nov. 23-Dec. 21** Every time you try to get started on something, a force holds you back. It may not be the right time.

**♑ Capricorn Dec. 22-Jan. 20** Avoid people and places that depress you. Your mood will improve.

**♒ Aquarius Jan. 21-Feb. 18** A friend or colleague will give you excellent advice today. If you are smart, you will listen and learn.

**♓ Pisces Feb. 19-March 20.** One-to-one relationships are under both helpful and challenging stars right now. **SALLY BROMPTON**

## Caption contest

JACUELYN MARTIN/ THE ASSOCIATED PRESS

DAVE CHIDLEY/ THE CANADIAN PRESS

WIN!

**You write it!**

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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